



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wolfram, Falko

Club: RV Elxleben

Number: 205

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:27

Speed: 13.01 km/h

Running performance: 4:37 min/km

Rank in course/Total: 117 (of 477)

Rank in course/Men: 100 (of 315)

Best time in course: 12:17

Rank in category: 18(of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:17	4:38	17	2:30	103	3:17	2.00	9:17	4:38	53		110	3:17
Leichtathletikhalle	2.00	9:10	4:34	18	2:05	97	2:56	4.00	18:27	4:36	18	4:35	100	6:10