



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eifler, Klaus

Club: erfurt
Number: 257

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 25:19

Speed: 9.48 km/h

Running performance: 6:20 min/km

Rank in course/Total: 416 (of 477)

Rank in course/Men: 292 (of 315)

Best time in course: 12:17

Rank in category: 8(of 9)

Best time in the category: 18:49

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 | 12:33 | 6:16 | 8 | 3:21 | 287 | 6:33 | 2.00 | 12:33 | 6:16 | 4 | | 188 | 6:33 |
| Leichtathletikhäl | 2.00 | 12:46 | 6:23 | 8 | 3:09 | 292 | 6:32 | 4.00 | 25:19 | 6:19 | 8 | 6:30 | 292 | 13:02 |