



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen / Göllingen

Number: 623

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:20

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 292 (of 477)

Rank in course/Men: 224 (of 315)

Best time in course: 12:17

Rank in category: 53(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:55	5:57	55	5:08	250	5:55	2.00	11:55	5:57	32	0:36	161	5:55
Leichtathletikhaf	2.00	10:25	5:12	35	3:20	176	4:11	4.00	22:20	5:34	53	8:28	224	10:03