



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kogel, Richard

Club: LTV

Number: 130

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 23:08

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 340 (of 477)

Rank in course/Men: 251 (of 315)

Best time in course: 12:17

Rank in category: 26(of 28)

Best time in the category: 12:20

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	11:27	5:43	20	5:21	226	5:27	2.00	11:27	5:43	5	0:35	271	5:27
Leichtathletikhalle	2.00	11:41	5:50	26	5:27	261	5:27	4.00	23:08	5:46	26	10:48	251	10:51