



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirchner, Björn

Club: FC RotWeiß Erfurt

Number: 617

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:18

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 177 (of 477)

Rank in course/Men: 145 (of 315)

Best time in course: 12:17

Rank in category: 20(of 54)

Best time in the category: 12:17

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	9:57	4:58	18	3:57	135	3:57	2.00	9:57	4:58	20			278	3:57
Leichtathletikhalle	2.00	10:21	5:10	25	4:04	173	4:07	4.00	20:18	5:04	20	8:01		145	8:01