



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Horny, Frank

Club: Erfurt
Number: 228

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:57

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 273 (of 477)

Rank in course/Men: 211 (of 315)

Best time in course: 12:17

Rank in category: 46(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	11:00	5:30	43	4:13	207	5:00	2.00	11:00	5:30	26		135	5:00
Leichtathletikhalle	2.00	10:57	5:28	47	3:52	222	4:43	4.00	21:57	5:29	46	8:05	211	9:40