



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Flachowsky, Gerhard

Club: MTV Hondelage

Number: 59

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M60 (60-69 Jahre)

Total time: 18:09

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 110 (of 477)

Rank in course/Men: 95 (of 315)

Best time in course: 12:17

Rank in category: 2(of 11)

Best time in the category: 16:51

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	9:04	4:31	2	0:33	92	3:04	2.00	9:04	4:31	1	-	45	3:04
Leichtathletikh	2.00	9:05	4:32	2	0:45	94	2:51	4.00	18:09	4:32	2	1:18	95	5:52