



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hornung, Frank

Club: Einer für Alle, Alle für Einen

Number: 637

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 17:25

Speed: 13.78 km/h

Running performance: 4:21 min/km

Rank in course/Total: 87 (of 477)

Rank in course/Men: 76 (of 315)

Best time in course: 12:17

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:47	4:23	7	2:47	83	2:47	2.00	8:47	4:23	35		48	2:47
Leichtathletikhalle	2.00	8:38	4:18	9	2:21	70	2:24	4.00	17:25	4:21	9	5:08	76	5:08