



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krähmer, Dominique

Club: Erfurt

Number: 176

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 17:15

Speed: 13.91 km/h

Running performance: 4:19 min/km

Rank in course/Total: 81 (of 477)

Rank in course/Men: 71 (of 315)

Best time in course: 12:17

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:22	4:41	13	3:16	108	3:22	2.00	9:22	4:41	21		52	3:22
Leichtathletikhalle	2.00	7:53	3:56	8	1:39	33	1:39	4.00	17:15	4:18	10	4:55	71	4:58