



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Flegel, Christian

Club: SG Achlsberg

Number: 613

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Männer (20-29 Jahre)

Total time: 13:06

Speed: 18.32 km/h

Running performance: 3:17 min/km

Rank in course/Total: 7 (of 477)

Rank in course/Men: 7 (of 315)

Best time in course: 12:17

Rank in category: 3(of 28)

Best time in the category: 12:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	6:22	3:10	3	0:16	7	0:22	2.00	6:22	3:10	27		8	0:22
Leichtathletikh	2.00	6:44	3:22	3	0:30	7	0:30	4.00	13:06	3:16	3	0:46	7	0:49