



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Köhler, Werner

Club: Büßleben

Number: 148

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 18:49

Speed: 12.75 km/h

Running performance: 4:42 min/km

Rank in course/Total: 129 (of 477)

Rank in course/Men: 107 (of 315)

Best time in course: 12:17

Rank in category: 1(of 9)

Best time in the category: 18:49

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	9:12	4:35	1	-	96	3:12	2.00	9:12	4:35	2	-	59	3:12
Leichtathletikhäl	2.00	9:37	4:48	1	-	120	3:23	4.00	18:49	4:42	1	-	107	6:32