



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirmse, Stefan

Club: Nasty Stylistix Erfurt

Number: 584

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:39

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 158 (of 477)

Rank in course/Men: 128 (of 315)

Best time in course: 12:17

Rank in category: 16 (of 54)

Best time in the category: 12:17

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	9:28	4:44	14	3:28	110	3:28	2.00	9:28	4:44	28		88	3:28
Leichtathletikhalle	2.00	10:11	5:05	22	3:54	157	3:57	4.00	19:39	4:54	16	7:22	128	7:22