



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Köhler, Frank

Club: Kranichfeld

Number: 992

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 55:18

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 528 (of 686)

Rank in course/Men: 450 (of 543)

Best time in course: 29:39

Rank in category: 20(of 20)

Best time in the category: 32:24

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	12:00	6:00	20	5:35	505	5:58	2.00	12:00	6:00	4	0:11	392	5:58
Runde	2.00	10:43	5:21	20	4:11	449	4:46	4.00	22:43	5:40	4	0:16	379	10:44
Runde	2.00	10:45	5:22	19	4:05	422	4:50	6.00	33:28	5:34	4	0:28	333	15:34
Runde	2.00	10:36	5:17	17	4:08	391	4:41	8.00	44:04	5:30	4	0:37	480	20:15
Leichtathletikhäl	2.00	11:14	5:36	20	4:55	467	5:24	10.00	55:18	5:31	20	22:54	450	25:39