



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kohl, Wigbert

Club: ASV Erfurt

Number: 85

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 21:01

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 210 (of 477)

Rank in course/Men: 165 (of 315)

Best time in course: 12:17

Rank in category: 3(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	10:15	5:07	2	1:03	146	4:15	2.00	10:15	5:07	3			115	4:15
Leichtathletikhah	2.00	10:46	5:23	3	1:09	207	4:32	4.00	21:01	5:15	3	2:12		165	8:44