



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fischer, Karl-Heinz

Club: Erfurt
Number: 227

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:41

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 251 (of 477)

Rank in course/Men: 197 (of 315)

Best time in course: 12:17

Rank in category: 23(of 35)

Best time in the category: 15:11

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	10:54	5:27	22	4:37	189	4:54	2.00	10:54	5:27	32	0:11	120	4:54
Leichtathletikhall	2.00	10:47	5:23	23	3:05	208	4:33	4.00	21:41	5:25	23	6:30	197	9:24