



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eifler, Klaus

Club: erfurt

Number: 257

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M70 (70 und älter Jahre)

Total time: 25:19

Speed: 9.48 km/h

Running performance: 6:20 min/km

Rank in course/Total: 416 (of 477)

Rank in course/Men: 292 (of 315)

Best time in course: 12:17

Rank in category: 8(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		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	12:33	6:16	8	3:21	287	6:33	2.00	12:33	6:16	4		188	6:33	
Leichtathletikhalle	2.00	12:46	6:23	8	3:09	292	6:32	4.00	25:19	6:19	8	6:30	292	13:02	