



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bargfeld, Andreas

Club: Kirchheim

Number: 326

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 26:06

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 437 (of 477)

Rank in course/Men: 303 (of 315)

Best time in course: 12:17

Rank in category: 64 (of 67)

Best time in the category: 13:52

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	13:15	6:37	65	6:28	307	7:15	2.00	13:15	6:37	12	1:56	190	7:15
Leichtathletikhalle	2.00	12:51	6:25	64	5:46	297	6:37	4.00	26:06	6:31	64	12:14	303	13:49