



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kirschner, André

Club: LSV 90 Bad Langensalza

Number: 534

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:33

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 303 (of 477)

Rank in course/Men: 230 (of 315)

Best time in course: 12:17

Rank in category: 33(of 54)

Best time in the category: 12:17

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	11:44	5:51	36	5:44	241	5:44	2.00	11:44	5:51	12		111	5:44
Leichtathletikhah	2.00	10:49	5:24	35	4:32	211	4:35	4.00	22:33	5:38	33	10:16	230	10:16