



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kröll, Bodo

Club: Witterda

Number: 603

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:43

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 366 (of 477)

Rank in course/Men: 264 (of 315)

Best time in course: 12:17

Rank in category: 56(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	11:55	5:57	55	5:08	250	5:55	2.00	11:55	5:57	32	0:36	161	5:55
Leichtathletikhalle	2.00	11:48	5:54	58	4:43	268	5:34	4.00	23:43	5:55	56	9:51	264	11:26