



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Volkman, Klaus

Club: LTV Erfurt

Number: 95

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 23:33

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 362 (of 477)

Rank in course/Men: 262 (of 315)

Best time in course: 12:17

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	12:22	6:11	6	3:10	278	6:22	2.00	12:22	6:11	8		269	6:22
Leichtathletikhäl	2.00	11:11	5:35	4	1:34	236	4:57	4.00	23:33	5:53	5	4:44	262	11:16