



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wohlfarth, Kai

Club: Leipzig

Number: 565

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:32

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 396 (of 477)

Rank in course/Men: 283 (of 315)

Best time in course: 12:17

Rank in category: 61(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	12:17	6:08	59	5:30	269	6:17	2.00	12:17	6:08	29	0:58	147	6:17
Leichtathletikhah	2.00	12:15	6:07	61	5:10	281	6:01	4.00	24:32	6:08	61	10:40	283	12:15