



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Kirchner, Björn**

Club: FC RotWeiß Erfurt

Number: 617

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:18

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 177 (of 477)

Rank in course/Men: 145 (of 315)

Best time in course: 12:17

Rank in category: 20(of 54)

Best time in the category: 12:17

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |       | Total  |             | Total          |            | Total ranking |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|--------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time  | min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Runde           | 2.00        | 9:57          | 4:58            | 18          | 3:57           | 135         | 3:57          | 2.00  | 9:57  | 4:58   | 20          |                | 278        | 3:57          |  |
| Leichtathletikh | 2.00        | 10:21         | 5:10            | 25          | 4:04           | 173         | 4:07          | 4.00  | 20:18 | 5:04   | 20          | 8:01           | 145        | 8:01          |  |