



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krisch, Michael

Club: ZWEI-TAKT-TEAM

Number: 144

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:46

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 197 (of 477)

Rank in course/Men: 158 (of 315)

Best time in course: 12:17

Rank in category: 22(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	10:36	5:17	21	4:36	160	4:36	2.00	10:36	5:17	26		311	4:36
Leichtathletikhalle	2.00	10:10	5:04	21	3:53	154	3:56	4.00	20:46	5:11	22	8:29	158	8:29