



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kraft, Ringo

Club: SV Concordia Riethnordhausen

Number: 83

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 17:08

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 78 (of 477)

Rank in course/Men: 68 (of 315)

Best time in course: 12:17

Rank in category: 8(of 54)

Best time in the category: 12:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	8:52	4:26	8	2:52	86	2:52	2.00	8:52	4:26	34		42	2:52
Leichtathletikhalle	2.00	8:16	4:08	8	1:59	45	2:02	4.00	17:08	4:16	8	4:51	68	4:51