



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Völker, Knut

Club: Erfurt
Number: 541

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:20

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 83 (of 477)

Rank in course/Men: 73 (of 315)

Best time in course: 12:17

Rank in category: 11(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		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:40	4:19	12	1:53	76	2:40	2.00	8:40	4:19	35		70	2:40	
Leichtathletikhalle	2.00	8:40	4:19	13	1:35	73	2:26	4.00	17:20	4:19	11	3:28	73	5:03	