



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scholkowsky, Jens

Club: SV 1899 Mühlhausen

Number: 582

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 15:52

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 39 (of 477)

Rank in course/Men: 35 (of 315)

Best time in course: 12:17

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:45	3:52	4	0:58	34	1:45	2.00	7:45	3:52	44		19	1:45
Leichtathletikhal	2.00	8:07	4:03	4	1:02	40	1:53	4.00	15:52	3:58	4	2:00	35	3:35