



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Beblo, Jens

Club: Erfurt

Number: 343

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:43

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 255 (of 477)

Rank in course/Men: 200 (of 315)

Best time in course: 12:17

Rank in category: 38(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	11:35	5:47	51	4:48	230	5:35	2.00	11:35	5:47	60	0:16	144	5:35
Leichtathletikhalle	2.00	10:08	5:03	26	3:03	150	3:54	4.00	21:43	5:25	38	7:51	200	9:26