



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lange, Jörg

Club: LG Vogtland / LAV Reichenbach

Number: 244

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:02

Speed: 14.97 km/h

Running performance: 4:01 min/km

Rank in course/Total: 42 (of 477)

Rank in course/Men: 38 (of 315)

Best time in course: 12:17

Rank in category: 5(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
Leichtathletikh	2.00	8:17	4:08	6	1:12	46	2:03	4.00	16:02	4:00	5	2:10	38	3:45