



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Langlotz, Swen

Club: Turmschnecken Cobstädt

Number: 315

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:14

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 348 (of 477)

Rank in course/Men: 254 (of 315)

Best time in course: 12:17

Rank in category: 55(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	11:09	5:34	46	4:22	212	5:09	2.00	11:09	5:34	3		226	5:09
Leichtathletikhalle	2.00	12:05	6:02	60	5:00	277	5:51	4.00	23:14	5:48	55	9:22	254	10:57