



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Teubner, Marko

Club: Erfurt

Number: 94

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:02

Speed: 13.31 km/h

Running performance: 4:31 min/km

Rank in course/Total: 105 (of 477)

Rank in course/Men: 91 (of 315)

Best time in course: 12:17

Rank in category: 16(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	9:39	4:49	19	2:52	120	3:39	2.00	9:39	4:49	46		38	3:39
Leichtathletikhalle	2.00	8:23	4:11	8	1:18	53	2:09	4.00	18:02	4:30	16	4:10	91	5:45