



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Trescher, Jens

Club: Sättelstädt

Number: 192

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:21

Speed: 13.83 km/h

Running performance: 4:20 min/km

Rank in course/Total: 84 (of 477)

Rank in course/Men: 74 (of 315)

Best time in course: 12:17

Rank in category: 12(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:31	4:15	11	1:44	71	2:31	2.00	8:31	4:15	43			64	2:31
Leichtathletikhäl	2.00	8:50	4:25	17	1:45	87	2:36	4.00	17:21	4:20	12	3:29		74	5:04