



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jahn, Mirko

Club: Lauffüchse Erfurt

Number: 20

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:08

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 109 (of 477)

Rank in course/Men: 93 (of 315)

Best time in course: 12:17

Rank in category: 17(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	8:43	4:21	13	1:56	78	2:43	2.00	8:43	4:21	36		102	2:43
Leichtathletikhäl	2.00	9:25	4:42	20	2:20	107	3:11	4.00	18:08	4:31	17	4:16	93	5:51