



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scholkowsky, Jens

Club: SV 1899 Mühlhausen

Number: 582

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 15:52

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 39 (of 477)

Rank in course/Men: 35 (of 315)

Best time in course: 12:17

Rank in category: 4 (of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Runde | 2.00 | 7:45 | 3:52 | 4 | 0:58 | 34 | 1:45 | 2.00 | 7:45 | 3:52 | 44 | | 19 | 1:45 |
| Leichtathletikhalle | 2.00 | 8:07 | 4:03 | 4 | 1:02 | 40 | 1:53 | 4.00 | 15:52 | 3:58 | 4 | 2:00 | 35 | 3:35 |