



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sluka, Jens

Club: Salza Läufer

Number: 552

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:09

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 220 (of 477)

Rank in course/Men: 172 (of 315)

Best time in course: 12:17

Rank in category: 30(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	10:50	5:25	33	4:03	178	4:50	2.00	10:50	5:25	58		134	4:50
Leichtathletikhalle	2.00	10:19	5:09	31	3:14	170	4:05	4.00	21:09	5:17	30	7:17	172	8:52