



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eras, Jens-Uwe

Club: Erfurt

Number: 71

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:58

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 274 (of 477)

Rank in course/Men: 215 (of 315)

Best time in course: 12:17

Rank in category: 48(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	11:29	5:44	50	4:42	229	5:29	2.00	11:29	5:44	61	0:10	151	5:29
Leichtathletikhalle	2.00	10:29	5:14	37	3:24	184	4:15	4.00	21:58	5:29	48	8:06	215	9:41