



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rose, Jens

Club: Erfurt
Number: 593

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:56

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 269 (of 477)

Rank in course/Men: 209 (of 315)

Best time in course: 12:17

Rank in category: 45(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	11:06	5:32	45	4:19	211	5:06	2.00	11:06	5:32	63		159	5:06
Leichtathletikhah	2.00	10:50	5:25	43	3:45	213	4:36	4.00	21:56	5:29	45	8:04	209	9:39