



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leimer, Jens

Club: Erfurt
Number: 124

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:47

Speed: 11.02 km/h

Running performance: 5:27 min/km

Rank in course/Total: 261 (of 477)

Rank in course/Men: 203 (of 315)

Best time in course: 12:17

Rank in category: 41 (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.	Pos Men	Behind Men	Total	Total	Total	Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km				
Runde	2.00	10:45	5:22	31	3:58	172	4:45	2.00	10:45	5:22	17		174	4:45
Leichtathletikhalle	2.00	11:02	5:30	48	3:57	225	4:48	4.00	21:47	5:26	41	7:55	203	9:30