



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Finger, Jens

Club: SV EVB Erfurt

Number: 4

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 15:38

Speed: 15.35 km/h

Running performance: 3:55 min/km

Rank in course/Total: 37 (of 477)

Rank in course/Men: 33 (of 315)

Best time in course: 12:17

Rank in category: 3 (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	7:43	3:51	3	0:56	32	1:43	2.00	7:43	3:51	49		27	1:43
Leichtathletikhalle	2.00	7:55	3:57	3	0:50	35	1:41	4.00	15:38	3:54	3	1:46	33	3:21