



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pfeuffer, Jörg

Club: USV Erfurt

Number: 308

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 16:18

Speed: 14.72 km/h

Running performance: 4:05 min/km

Rank in course/Total: 44 (of 477)

Rank in course/Men: 39 (of 315)

Best time in course: 12:17

Rank in category: 5 (of 54)

Best time in the category: 12:17

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	8:13	4:06	5	2:13	55	2:13	2.00	8:13	4:06	32		29	2:13
Leichtathletikhalle	2.00	8:05	4:02	6	1:48	39	1:51	4.00	16:18	4:04	5	4:01	39	4:01