



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krauß, Jan

Club: Dachwig

Number: 90

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:41

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 123 (of 477)

Rank in course/Men: 103 (of 315)

Best time in course: 12:17

Rank in category: 19(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	9:54	4:57	23	3:07	133	3:54	2.00	9:54	4:57	30		264	3:54
Leichtathletikhalle	2.00	8:47	4:23	15	1:42	83	2:33	4.00	18:41	4:40	19	4:49	103	6:24