



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Laube, Alexander

Club: Jena

Number: 634

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:00

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 378 (of 477)

Rank in course/Men: 269 (of 315)

Best time in course: 12:17

Rank in category: 57(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	12:32	6:15	61	5:45	285	6:32	2.00	12:32	6:15	19	1:13	244	6:32
Leichtathletikh	2.00	11:28	5:44	54	4:23	250	5:14	4.00	24:00	6:00	57	10:08	269	11:43