



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Panse, Jens

Club: USV Erfurt

Number: 1345

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:27

Speed: 13.20 km/h

Running performance: 4:32 min/km

Rank in course/Total: 167 (of 686)

Rank in course/Men: 153 (of 543)

Best time in course: 29:39

Rank in category: 52(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:44	4:51	71	2:33	218	3:42	2.00	9:44	4:51	42	1:45	121	3:42	
Runde	2.00	8:52	4:26	48	1:32	146	2:55	4.00	18:36	4:39	42	1:20	120	6:37	
Runde	2.00	9:04	4:31	48	1:29	148	3:09	6.00	27:40	4:36	41	5:34	119	9:46	
Runde	2.00	9:02	4:30	44	1:17	124	3:07	8.00	36:42	4:35	40	6:51	118	12:53	
Leichtathletikhaf	2.00	8:45	4:22	46	1:17	126	2:55	10.00	45:27	4:32	52	8:00	153	15:48	