



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bergmann, Jean Pierre

Club: SV Schmira

Number: 247

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:14

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 141 (of 477)

Rank in course/Men: 113 (of 315)

Best time in course: 12:17

Rank in category: 21(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	9:51	4:55	21	3:04	131	3:51	2.00	9:51	4:55	40		78	3:51
Leichtathletikh	2.00	9:23	4:41	19	2:18	106	3:09	4.00	19:14	4:48	21	5:22	113	6:57