



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hermann, Jens

Club: 1. VC Zeitz

Number: 528

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:59

Speed: 12.01 km/h

Running performance: 5:00 min/km

Rank in course/Total: 166 (of 477)

Rank in course/Men: 134 (of 315)

Best time in course: 12:17

Rank in category: 22(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	10:04	5:01	24	3:17	136	4:04	2.00	10:04	5:01	39		80	4:04
Leichtathletikhalle	2.00	9:55	4:57	24	2:50	140	3:41	4.00	19:59	4:59	22	6:07	134	7:42