



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hausmann, Jörg

Club: ATU Erfurt

Number: 1552

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:29

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 433 (of 686)

Rank in course/Men: 379 (of 543)

Best time in course: 29:39

Rank in category: 124(of 178)

Best time in the category: 37:27

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 | 10:47 | 5:23 | 115 | 3:36 | 361 | 4:45 | 2.00 | 10:47 | 5:23 | 88 | 2:48 | 247 | 4:45 |
| Runde | 2.00 | 10:22 | 5:11 | 135 | 3:02 | 401 | 4:25 | 4.00 | 21:09 | 5:17 | 80 | 3:53 | 208 | 9:10 |
| Runde | 2.00 | 10:28 | 5:14 | 128 | 2:53 | 385 | 4:33 | 6.00 | 31:37 | 5:16 | 86 | 9:31 | 244 | 13:43 |
| Runde | 2.00 | 10:31 | 5:15 | 122 | 2:46 | 372 | 4:36 | 8.00 | 42:08 | 5:15 | 85 | 12:17 | 243 | 18:19 |
| Leichtathletikhalle | 2.00 | 10:21 | 5:10 | 126 | 2:53 | 386 | 4:31 | 10.00 | 52:29 | 5:14 | 124 | 15:02 | 379 | 22:50 |