



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jäger, Gerd

Club: Döllberger Skialpine Suhl

Number: 969

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:52

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 444 (of 686)

Rank in course/Men: 389 (of 543)

Best time in course: 29:39

Rank in category: 75(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	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	10:32	5:15	59	2:57	335	4:30	2.00	10:32	5:15	43	2:57	237	4:30
Runde	2.00	10:15	5:07	67	2:18	385	4:18	4.00	20:47	5:11	43	5:12	266	8:48
Runde	2.00	10:33	5:16	75	2:26	400	4:38	6.00	31:20	5:13	40	7:38	257	13:26
Runde	2.00	10:45	5:22	78	2:41	411	4:50	8.00	42:05	5:15	43	10:19	264	18:16
Leichtathletikhall	2.00	10:47	5:23	81	2:52	429	4:57	10.00	52:52	5:17	75	13:11	389	23:13