



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Setzepfand, Jörg

Club: 7 Hills Runners

Number: 957

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:10

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 259 (of 686)

Rank in course/Men: 234 (of 543)

Best time in course: 29:39

Rank in category: 34(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.	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	10:30	5:15	58	2:55	330	4:28	2.00	10:30	5:15	98	2:55	166	4:28
Runde	2.00	9:31	4:45	37	1:34	256	3:34	4.00	20:01	5:00	98	4:26	200	8:02
Runde	2.00	9:31	4:45	31	1:24	232	3:36	6.00	29:32	4:55	98	5:50	502	11:38
Runde	2.00	9:24	4:42	23	1:20	188	3:29	8.00	38:56	4:51	98	7:10	158	15:07
Leichtathletikhaf	2.00	9:14	4:36	28	1:19	207	3:24	10.00	48:10	4:48	34	8:29	234	18:31