



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lauerwald, Jörg

Club: Griefstedt

Number: 24

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 20:20

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 179 (of 477)

Rank in course/Men: 146 (of 315)

Best time in course: 12:17

Rank in category: 15(of 35)

Best time in the category: 15:11

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	10:14	5:06	14	3:57	143	4:14	2.00	10:14	5:06	17		222	4:14
Leichtathletikhäl	2.00	10:06	5:02	16	2:24	149	3:52	4.00	20:20	5:04	15	5:09	146	8:03