



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V

Number: 1161

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 38:37

Speed: 15.54 km/h

Running performance: 3:52 min/km

Rank in course/Total: 32 (of 686)

Rank in course/Men: 28 (of 543)

Best time in course: 29:39

Rank in category: 4(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	7:34	3:46	4	0:23	31	1:32	2.00	7:34	3:46	4		26	1:32
Runde	2.00	7:38	3:49	4	0:18	26	1:41	4.00	15:12	3:47	4		25	3:13
Runde	2.00	7:55	3:57	4	0:20	29	2:00	6.00	23:07	3:51	3	1:01	24	5:13
Runde	2.00	7:54	3:57	3	0:09	27	1:59	8.00	31:01	3:52	3	1:10	24	7:12
Leichtathletikhaf	2.00	7:36	3:47	2	0:08	24	1:46	10.00	38:37	3:51	4	1:10	28	8:58