



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 |
| Leichtathletikhah | 2.00 | 7:36 | 3:47 | 2 | 0:08 | 24 | 1:46 | 10.00 | 38:37 | 3:51 | 4 | 1:10 | 28 | 8:58 |