



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bauer, Jörg

Club: Grundschule Dachwig

Number: 1065

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:46

Speed: 14.03 km/h

Running performance: 4:17 min/km

Rank in course/Total: 90 (of 686)

Rank in course/Men: 82 (of 543)

Best time in course: 29:39

Rank in category: 11(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 | 7:58 | 3:59 | 4 | 0:23 | 51 | 1:56 | 2.00 | 7:58 | 3:59 | 7 | 0:23 | 49 | 1:56 |
| Runde | 2.00 | 8:22 | 4:11 | 7 | 0:25 | 71 | 2:25 | 4.00 | 16:20 | 4:04 | 7 | 0:45 | 64 | 4:21 |
| Runde | 2.00 | 8:39 | 4:19 | 12 | 0:32 | 95 | 2:44 | 6.00 | 24:59 | 4:09 | 7 | 1:17 | 63 | 7:05 |
| Runde | 2.00 | 8:56 | 4:28 | 12 | 0:52 | 111 | 3:01 | 8.00 | 33:55 | 4:14 | 7 | 2:09 | 62 | 10:06 |
| Leichtathletikhaf | 2.00 | 8:51 | 4:25 | 14 | 0:56 | 142 | 3:01 | 10.00 | 42:46 | 4:16 | 11 | 3:05 | 82 | 13:07 |