



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