



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Brückner, Georg

Club: Suhler Döllbergverein

Number: 968

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:20

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 268 (of 686)

Rank in course/Men: 244 (of 543)

Best time in course: 29:39

Rank in category: 85(of 178)

Best time in the category: 37:27

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	10:22	5:11	98	3:11	312	4:20	2.00	10:22	5:11	60	2:23	167	4:20
Runde	2.00	9:20	4:40	77	2:00	216	3:23	4.00	19:42	4:55	60	2:26	166	7:43
Runde	2.00	9:30	4:45	80	1:55	228	3:35	6.00	29:12	4:51	59	7:06	155	11:18
Runde	2.00	9:36	4:47	78	1:51	226	3:41	8.00	38:48	4:50	58	8:57	164	14:59
Leichtathletikhäl	2.00	9:32	4:46	88	2:04	255	3:42	10.00	48:20	4:50	85	10:53	244	18:41