



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lange, Jürgen

Club: Rennsteiglaufverein

Number: 677

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:24

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 235 (of 686)

Rank in course/Men: 216 (of 543)

Best time in course: 29:39

Rank in category: 30(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	9:30	4:45	26	1:55	188	3:28	2.00	9:30	4:45	22	1:55	112	3:28
Runde	2.00	9:27	4:43	32	1:30	239	3:30	4.00	18:57	4:44	22	3:22	188	6:58
Runde	2.00	9:30	4:45	30	1:23	228	3:35	6.00	28:27	4:44	22	4:45	187	10:33
Runde	2.00	9:36	4:47	32	1:32	226	3:41	8.00	38:03	4:45	22	6:17	186	14:14
Leichtathletikhäl	2.00	9:21	4:40	33	1:26	226	3:31	10.00	47:24	4:44	30	7:43	216	17:45