



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hausmann, Jörg

Club: ATU Erfurt

Number: 1552

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:29

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 433 (of 686)

Rank in course/Men: 379 (of 543)

Best time in course: 29:39

Rank in category: 124(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	10:47	5:23	115	3:36	361	4:45	2.00	10:47	5:23	88	2:48	247	4:45
Runde	2.00	10:22	5:11	135	3:02	401	4:25	4.00	21:09	5:17	80	3:53	208	9:10
Runde	2.00	10:28	5:14	128	2:53	385	4:33	6.00	31:37	5:16	86	9:31	244	13:43
Runde	2.00	10:31	5:15	122	2:46	372	4:36	8.00	42:08	5:15	85	12:17	243	18:19
Leichtathletikhaf	2.00	10:21	5:10	126	2:53	386	4:31	10.00	52:29	5:14	124	15:02	379	22:50