



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pöse, Jörg

Club: Fit & Geschickt

Number: 1034

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:46

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 208 (of 686)

Rank in course/Men: 190 (of 543)

Best time in course: 29:39

Rank in category: 23(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	9:18	4:39	22	1:43	165	3:16	2.00	9:18	4:39	24	1:43	99	3:16
Runde	2.00	9:18	4:39	23	1:21	210	3:21	4.00	18:36	4:39	21	3:01	120	6:37
Runde	2.00	9:24	4:42	25	1:17	213	3:29	6.00	28:00	4:40	51	4:18	300	10:06
Runde	2.00	9:28	4:44	26	1:24	201	3:33	8.00	37:28	4:41	51	5:42	299	13:39
Leichtathletikhaf	2.00	9:18	4:39	30	1:23	216	3:28	10.00	46:46	4:40	23	7:05	190	17:07