



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meißner, Jörg

Club: Sparkasse Mittelthüringen

Number: 832

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:50

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 410 (of 686)

Rank in course/Men: 361 (of 543)

Best time in course: 29:39

Rank in category: 118(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	10:19	5:09	95	3:08	302	4:17	2.00	10:19	5:09	80	2:20	177	4:17
Runde	2.00	10:11	5:05	126	2:51	371	4:14	4.00	20:30	5:07	104	3:14	302	8:31
Runde	2.00	10:19	5:09	122	2:44	366	4:24	6.00	30:49	5:08	103	8:43	301	12:55
Runde	2.00	10:33	5:16	127	2:48	381	4:38	8.00	41:22	5:10	102	11:31	261	17:33
Leichtathletikhäl	2.00	10:28	5:14	135	3:00	404	4:38	10.00	51:50	5:11	118	14:23	361	22:11