



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Drüge, Uwe

Club: Erfurt
Number: 1465

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 50:41

Speed: 11.84 km/h
Running performance: 5:04 min/km

Rank in course/Total: 360 (of 686)

Rank in course/Men: 324 (of 543)

Best time in course: 29:39

Rank in category: 57(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:08	5:03	48	2:33	278	4:06	2.00	10:08	5:03	48	2:33	207	4:06
Runde	2.00	10:04	5:01	62	2:07	344	4:07	4.00	20:12	5:02	30	4:37	220	8:13
Runde	2.00	10:16	5:08	65	2:09	356	4:21	6.00	30:28	5:04	55	6:46	305	12:34
Runde	2.00	10:26	5:13	68	2:22	354	4:31	8.00	40:54	5:06	55	9:08	246	17:05
Leichtathletikhall	2.00	9:47	4:53	47	1:52	290	3:57	10.00	50:41	5:04	57	11:00	324	21:02