



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 |