



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Windorf, Jörg

Club: SG Dresdner Bank

Number: 1095

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:11

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 339 (of 686)

Rank in course/Men: 306 (of 543)

Best time in course: 29:39

Rank in category: 104(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	11:18	5:39	138	4:07	418	5:16	2.00	11:18	5:39	81	3:19	210	5:16
Runde	2.00	9:50	4:55	102	2:30	303	3:53	4.00	21:08	5:16	82	3:52	228	9:09
Runde	2.00	9:46	4:53	97	2:11	273	3:51	6.00	30:54	5:08	79	8:48	207	13:00
Runde	2.00	9:47	4:53	90	2:02	255	3:52	8.00	40:41	5:05	106	10:50	224	16:52
Leichtathletikhaf	2.00	9:30	4:45	86	2:02	248	3:40	10.00	50:11	5:01	104	12:44	306	20:32