



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Jörg

Club: Erfurt

Number: 1414

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:22

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 271 (of 686)

Rank in course/Men: 246 (of 543)

Best time in course: 29:39

Rank in category: 86(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	9:44	4:51	71	2:33	218	3:42	2.00	9:44	4:51	42	1:45	121	3:42
Runde	2.00	9:19	4:39	76	1:59	215	3:22	4.00	19:03	4:45	86	1:47	160	7:04
Runde	2.00	9:45	4:52	94	2:10	267	3:50	6.00	28:48	4:47	85	6:42	243	10:54
Runde	2.00	9:57	4:58	99	2:12	279	4:02	8.00	38:45	4:50	84	8:54	242	14:56
Leichtathletikhäl	2.00	9:37	4:48	95	2:09	268	3:47	10.00	48:22	4:50	86	10:55	246	18:43