



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kermer, Tinko

Club: Erfurt

Number: 1445

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:08

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 226 (of 686)

Rank in course/Men: 208 (of 543)

Best time in course: 29:39

Rank in category: 28(of 107)

Best time in the category: 39:41

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	9:39	4:49	30	2:04	202	3:37	2.00	9:39	4:49	34	2:04	153	3:37
Runde	2.00	9:21	4:40	27	1:24	221	3:24	4.00	19:00	4:45	88	3:25	432	7:01
Runde	2.00	9:21	4:40	23	1:14	203	3:26	6.00	28:21	4:43	88	4:39	201	10:27
Runde	2.00	9:27	4:43	25	1:23	200	3:32	8.00	37:48	4:43	88	6:02	181	13:59
Leichtathletikhaf	2.00	9:20	4:40	32	1:25	224	3:30	10.00	47:08	4:42	28	7:27	208	17:29