



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Keller, Norbert

Club: Kindelbrück

Number: 1012

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:17

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 389 (of 686)

Rank in course/Men: 344 (of 543)

Best time in course: 29:39

Rank in category: 64(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	9:41	4:50	32	2:06	210	3:39	2.00	9:41	4:50	94	2:06	50	3:39
Runde	2.00	10:06	5:02	64	2:09	351	4:09	4.00	19:47	4:56	94	4:12	495	7:48
Runde	2.00	10:23	5:11	71	2:16	375	4:28	6.00	30:10	5:01	30	6:28	219	12:16
Runde	2.00	10:40	5:19	77	2:36	401	4:45	8.00	40:50	5:06	94	9:04	493	17:01
Leichtathletikhaf	2.00	10:27	5:13	77	2:32	401	4:37	10.00	51:17	5:07	64	11:36	344	21:38