



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Denke, Lutz

Club: Erfurt
Number: 116

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:57

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 271 (of 477)

Rank in course/Men: 211 (of 315)

Best time in course: 12:17

Rank in category: 24(of 35)

Best time in the category: 15:11

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-------------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Runde | 2.00 | 10:52 | 5:26 | 21 | 4:35 | 185 | 4:52 | 2.00 | 10:52 | 5:26 | 35 | 0:09 | 153 | 4:52 |
| Leichtathletikhah | 2.00 | 11:05 | 5:32 | 25 | 3:23 | 230 | 4:51 | 4.00 | 21:57 | 5:29 | 24 | 6:46 | 211 | 9:40 |