



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Liehr, Heiko

Club: SV Emsetal

Number: 903

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:24

Speed: 14.15 km/h

Running performance: 4:14 min/km

Rank in course/Total: 80 (of 686)

Rank in course/Men: 72 (of 543)

Best time in course: 29:39

Rank in category: 8(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:30	4:15	11	0:55	87	2:28	2.00	8:30	4:15	8	0:55	70	2:28
Runde	2.00	8:28	4:14	10	0:31	84	2:31	4.00	16:58	4:14	8	1:23	69	4:59
Runde	2.00	8:28	4:14	7	0:21	67	2:33	6.00	25:26	4:14	8	1:44	50	7:32
Runde	2.00	8:36	4:17	7	0:32	72	2:41	8.00	34:02	4:15	8	2:16	67	10:13
Leichtathletikhaf	2.00	8:22	4:11	5	0:27	72	2:32	10.00	42:24	4:14	8	2:43	72	12:45