



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Almeroth, Lutz**

Club: LTV Erfurt

Number: 918

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 41:51

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 66 (of 686)

Rank in course/Men: 60 (of 543)

Best time in course: 29:39

Rank in category: 6(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               | 8:00       | 4:00         | 6        | 0:25        | 57          | 1:58       | 2.00     | 8:00       | 4:00          | 10       | 0:25        | 73      | 1:58       |  |
| Runde             | 2.00               | 8:17       | 4:08         | 5        | 0:20        | 61          | 2:20       | 4.00     | 16:17      | 4:04          | 10       | 0:42        | 72      | 4:18       |  |
| Runde             | 2.00               | 8:27       | 4:13         | 6        | 0:20        | 65          | 2:32       | 6.00     | 24:44      | 4:07          | 10       | 1:02        | 71      | 6:50       |  |
| Runde             | 2.00               | 8:39       | 4:19         | 8        | 0:35        | 76          | 2:44       | 8.00     | 33:23      | 4:10          | 10       | 1:37        | 70      | 9:34       |  |
| Leichtathletikhaf | 2.00               | 8:28       | 4:14         | 7        | 0:33        | 81          | 2:38       | 10.00    | 41:51      | 4:11          | 6        | 2:10        | 60      | 12:12      |  |