



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Werner, Heiko

Club: Erfurt
Number: 1027

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 44:32

Speed: 13.47 km/h
Running performance: 4:27 min/km

Rank in course/Total: 133 (of 686)

Rank in course/Men: 123 (of 543)

Best time in course: 29:39

Rank in category: 13(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	8:50	4:25	18	1:15	115	2:48	2.00	8:50	4:25	14	1:15	105	2:48	
Runde	2.00	8:52	4:26	17	0:55	146	2:55	4.00	17:42	4:25	14	2:07	104	5:43	
Runde	2.00	8:58	4:29	14	0:51	131	3:03	6.00	26:40	4:26	14	2:58	103	8:46	
Runde	2.00	9:03	4:31	13	0:59	129	3:08	8.00	35:43	4:27	14	3:57	102	11:54	
Leichtathletikhall	2.00	8:49	4:24	13	0:54	132	2:59	10.00	44:32	4:27	13	4:51	123	14:53	