



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rudolph, Frank

Club: Olbersleben

Number: 845

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:30

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 274 (of 686)

Rank in course/Men: 249 (of 543)

Best time in course: 29:39

Rank in category: 36(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:20	4:40	24	1:45	173	3:18	2.00	9:20	4:40	21	1:45	179	3:18
Runde	2.00	9:16	4:38	21	1:19	205	3:19	4.00	18:36	4:39	21	3:01	120	6:37
Runde	2.00	9:44	4:51	40	1:37	264	3:49	6.00	28:20	4:43	21	4:38	177	10:26
Runde	2.00	10:01	5:00	46	1:57	295	4:06	8.00	38:21	4:47	21	6:35	170	14:32
Leichtathletikhall	2.00	10:09	5:04	66	2:14	358	4:19	10.00	48:30	4:50	36	8:49	249	18:51