



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Golschewski, Jörg

Club: Erfurt

Number: 1054

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:41

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 281 (of 686)

Rank in course/Men: 255 (of 543)

Best time in course: 29:39

Rank in category: 37(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:18	4:39	22	1:43	165	3:16	2.00	9:18	4:39	24	1:43	99	3:16
Runde	2.00	9:28	4:44	34	1:31	244	3:31	4.00	18:46	4:41	24	3:11	199	6:47
Runde	2.00	9:51	4:55	45	1:44	294	3:56	6.00	28:37	4:46	24	4:55	198	10:43
Runde	2.00	10:05	5:02	51	2:01	307	4:10	8.00	38:42	4:50	24	6:56	197	14:53
Leichtathletikhalle	2.00	9:59	4:59	56	2:04	328	4:09	10.00	48:41	4:52	37	9:00	255	19:02