



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Allert, Joachim

Club: Stadtwerke Erfurt

Number: 1123

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:01

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 381 (of 686)

Rank in course/Men: 340 (of 543)

Best time in course: 29:39

Rank in category: 62(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	9:44	4:51	34	2:09	218	3:42	2.00	9:44	4:51	32	2:09	121	3:42	
Runde	2.00	9:58	4:59	58	2:01	330	4:01	4.00	19:42	4:55	32	4:07	166	7:43	
Runde	2.00	10:22	5:11	70	2:15	374	4:27	6.00	30:04	5:00	32	6:22	225	12:10	
Runde	2.00	10:37	5:18	75	2:33	393	4:42	8.00	40:41	5:05	32	8:55	224	16:52	
Leichtathletikhalle	2.00	10:20	5:10	73	2:25	381	4:30	10.00	51:01	5:06	62	11:20	340	21:22	