



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Helbing, Rainer

Club: Naumburg

Number: 972

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:26

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 312 (of 686)

Rank in course/Men: 281 (of 543)

Best time in course: 29:39

Rank in category: 45(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:39	4:49	30	2:04	202	3:37	2.00	9:39	4:49	34	2:04	153	3:37
Runde	2.00	9:45	4:52	46	1:48	293	3:48	4.00	19:24	4:50	34	3:49	236	7:25
Runde	2.00	10:05	5:02	54	1:58	321	4:10	6.00	29:29	4:54	34	5:47	235	11:35
Runde	2.00	10:08	5:03	55	2:04	316	4:13	8.00	39:37	4:57	34	7:51	234	15:48
Leichtathletikhall	2.00	9:49	4:54	50	1:54	297	3:59	10.00	49:26	4:56	45	9:45	281	19:47