



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wiederhold, Roland

Club: Team Märchenviertel Weimar

Number: 806

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:08

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 422 (of 686)

Rank in course/Men: 370 (of 543)

Best time in course: 29:39

Rank in category: 68(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	10:05	5:02	45	2:30	273	4:03	2.00	10:05	5:02	23	2:30	194	4:03
Runde	2.00	10:15	5:07	67	2:18	385	4:18	4.00	20:20	5:04	35	4:45	238	8:21
Runde	2.00	10:12	5:05	62	2:05	342	4:17	6.00	30:32	5:05	35	6:50	237	12:38
Runde	2.00	10:38	5:18	76	2:34	396	4:43	8.00	41:10	5:08	35	9:24	236	17:21
Leichtathletikhalle	2.00	10:58	5:29	85	3:03	445	5:08	10.00	52:08	5:12	68	12:27	370	22:29