



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Uwe

Club: Bad Berka / Bergern

Number: 1177

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:22

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 426 (of 686)

Rank in course/Men: 372 (of 543)

Best time in course: 29:39

Rank in category: 70(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Total ranking		
	km	Time			min/km	Cat.						Men	Men	Pos
Runde	2.00	11:29	5:44	81	3:54	440	5:27	2.00	11:29	5:44	38	3:54	233	5:27
Runde	2.00	10:13	5:06	66	2:16	377	4:16	4.00	21:42	5:25	38	6:07	237	9:43
Runde	2.00	10:14	5:06	64	2:07	349	4:19	6.00	31:56	5:19	38	8:14	236	14:02
Runde	2.00	10:18	5:09	65	2:14	342	4:23	8.00	42:14	5:16	38	10:28	235	18:25
Leichtathletikhäl	2.00	10:08	5:03	65	2:13	355	4:18	10.00	52:22	5:14	70	12:41	372	22:43