



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Koch, Thomas

Club: Team Eichsfeld

Number: 946

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:35

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 356 (of 686)

Rank in course/Men: 321 (of 543)

Best time in course: 29:39

Rank in category: 55(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	11:35	5:47	83	4:00	454	5:33	2.00	11:35	5:47	40	4:00	260	5:33	
Runde	2.00	9:57	4:58	54	2:00	325	4:00	4.00	21:32	5:23	40	5:57	258	9:33	
Runde	2.00	9:48	4:54	42	1:41	278	3:53	6.00	31:20	5:13	40	7:38	257	13:26	
Runde	2.00	9:45	4:52	38	1:41	253	3:50	8.00	41:05	5:08	40	9:19	256	17:16	
Leichtathletikhall	2.00	9:30	4:45	39	1:35	248	3:40	10.00	50:35	5:03	55	10:54	321	20:56	