



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Röscher, Ulrich

Club: Erfurt
Number: 1450

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 51:21

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 394 (of 686)

Rank in course/Men: 349 (of 543)

Best time in course: 29:39

Rank in category: 66(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:34	5:16	60	2:59	343	4:32	2.00	10:34	5:16	44	2:59	269	4:32
Runde	2.00	10:18	5:09	69	2:21	392	4:21	4.00	20:52	5:13	44	5:17	267	8:53
Runde	2.00	10:12	5:05	62	2:05	342	4:17	6.00	31:04	5:10	44	7:22	266	13:10
Runde	2.00	10:12	5:05	61	2:08	329	4:17	8.00	41:16	5:09	44	9:30	265	17:27
Leichtathletikhah	2.00	10:05	5:02	62	2:10	343	4:15	10.00	51:21	5:08	66	11:40	349	21:42