



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Neske, Raimund

Club: Sportteam Steinbach

Number: 923

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:54

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 374 (of 686)

Rank in course/Men: 336 (of 543)

Best time in course: 29:39

Rank in category: 61(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	11:07	5:33	74	3:32	410	5:05	2.00	11:07	5:33	45	3:32	273	5:05
Runde	2.00	9:57	4:58	54	2:00	325	4:00	4.00	21:04	5:15	45	5:29	271	9:05
Runde	2.00	10:08	5:03	58	2:01	328	4:13	6.00	31:12	5:12	45	7:30	270	13:18
Runde	2.00	10:05	5:02	51	2:01	307	4:10	8.00	41:17	5:09	45	9:31	269	17:28
Leichtathletikhall	2.00	9:37	4:48	42	1:42	268	3:47	10.00	50:54	5:05	61	11:13	336	21:15