



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Thomas, Jochen

Club: Bad Langensalza

Number: 1225

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 453 (of 686)

Rank in course/Men: 396 (of 543)

Best time in course: 29:39

Rank in category: 76(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	10:28	5:14	56	2:53	325	4:26	2.00	10:28	5:14	46	2:53	280	4:26
Runde	2.00	10:34	5:16	77	2:37	426	4:37	4.00	21:02	5:15	46	5:27	278	9:03
Runde	2.00	10:36	5:17	77	2:29	409	4:41	6.00	31:38	5:16	46	7:56	277	13:44
Runde	2.00	10:45	5:22	78	2:41	411	4:50	8.00	42:23	5:17	46	10:37	276	18:34
Leichtathletikh	2.00	10:43	5:21	79	2:48	422	4:53	10.00	53:06	5:18	76	13:25	396	23:27