



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ertel, Frank

Club: Mühlhäuser Laufwölfe

Number: 1053

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:42

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course/Total: 537 (of 686)

Rank in course/Men: 454 (of 543)

Best time in course: 29:39

Rank in category: 85(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	11:43	5:51	88	4:08	468	5:41	2.00	11:43	5:51	47	4:08	286	5:41
Runde	2.00	10:51	5:25	84	2:54	461	4:54	4.00	22:34	5:38	47	6:59	284	10:35
Runde	2.00	11:38	5:48	93	3:31	497	5:43	6.00	34:12	5:42	47	10:30	283	16:18
Runde	2.00	10:45	5:22	78	2:41	411	4:50	8.00	44:57	5:37	47	13:11	282	21:08
Leichtathletikhall	2.00	10:45	5:22	80	2:50	424	4:55	10.00	55:42	5:34	85	16:01	454	26:03