



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mittelstädt, Lutz

Club: Weimar
Number: 1550

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 52:23

Speed: 11.45 km/h
Running performance: 5:14 min/km

Rank in course/Total: 427 (of 686)

Rank in course/Men: 374 (of 543)

Best time in course: 29:39

Rank in category: 121(of 178)

Best time in the category: 37:27

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	11:05	5:32	134	3:54	407	5:03	2.00	11:05	5:32	107	3:06	307	5:03
Runde	2.00	10:11	5:05	126	2:51	371	4:14	4.00	21:16	5:18	106	4:00	305	9:17
Runde	2.00	10:19	5:09	122	2:44	366	4:24	6.00	31:35	5:15	105	9:29	304	13:41
Runde	2.00	10:34	5:16	129	2:49	385	4:39	8.00	42:09	5:16	92	12:18	267	18:20
Leichtathletikhaf	2.00	10:14	5:06	121	2:46	366	4:24	10.00	52:23	5:14	121	14:56	374	22:44