



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Recknagel, Bernd

Club: Erfurt

Number: 1480

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:49

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 541 (of 686)

Rank in course/Men: 457 (of 543)

Best time in course: 29:39

Rank in category: 86(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	11:00	5:30	69	3:25	388	4:58	2.00	11:00	5:30	58	3:25	163	4:58
Runde	2.00	10:57	5:28	87	3:00	467	5:00	4.00	21:57	5:29	58	6:22	332	9:58
Runde	2.00	11:17	5:38	89	3:10	470	5:22	6.00	33:14	5:32	58	9:32	331	15:20
Runde	2.00	11:27	5:43	90	3:23	467	5:32	8.00	44:41	5:35	58	12:55	330	20:52
Leichtathletikhalle	2.00	11:08	5:33	89	3:13	458	5:18	10.00	55:49	5:34	86	16:08	457	26:10