



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Veit, Horst

Club: Vereinslos

Number: 1064

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:00:39

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 635 (of 686)

Rank in course/Men: 517 (of 543)

Best time in course: 29:39

Rank in category: 101(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	12:37	6:18	97	5:02	524	6:35	2.00	12:37	6:18	67	5:02	377	6:35	
Runde	2.00	11:52	5:56	98	3:55	518	5:55	4.00	24:29	6:07	67	8:54	375	12:30	
Runde	2.00	12:03	6:01	101	3:56	514	6:08	6.00	36:32	6:05	67	12:50	374	18:38	
Runde	2.00	12:12	6:05	101	4:08	513	6:17	8.00	48:44	6:05	67	16:58	373	24:55	
Leichtathletikhaf	2.00	11:55	5:57	100	4:00	510	6:05	10.00	1:00:39	6:03	101	20:58	517	31:00	