



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wiederhöft, Lutz

Club: SG Großmölsen

Number: 858

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:14

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 612 (of 686)

Rank in course/Men: 504 (of 543)

Best time in course: 29:39

Rank in category: 96(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 | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|-------|--------|-----|--------|-----|-------------|----------------|------------|---------------|--------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | | Behind |
| Runde | 2.00 | 12:53 | 6:26 | 102 | 5:18 | 529 | 6:51 | 2.00 | 12:53 | 6:26 | 72 | 5:18 | 391 | 6:51 | | | | |
| Runde | 2.00 | 11:45 | 5:52 | 97 | 3:48 | 514 | 5:48 | 4.00 | 24:38 | 6:09 | 72 | 9:03 | 389 | 12:39 | | | | |
| Runde | 2.00 | 11:57 | 5:58 | 100 | 3:50 | 508 | 6:02 | 6.00 | 36:35 | 6:05 | 72 | 12:53 | 388 | 18:41 | | | | |
| Runde | 2.00 | 12:00 | 6:00 | 97 | 3:56 | 508 | 6:05 | 8.00 | 48:35 | 6:04 | 72 | 16:49 | 387 | 24:46 | | | | |
| Leichtathletikhäl | 2.00 | 10:39 | 5:19 | 78 | 2:44 | 417 | 4:49 | 10.00 | 59:14 | 5:55 | 96 | 19:33 | 504 | 29:35 | | | | |