



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mierisch, Volkmar

Club: Erfurt
Number: 1168

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 57:01

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 569 (of 686)

Rank in course/Men: 477 (of 543)

Best time in course: 29:39

Rank in category: 91(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	11:52	5:56	92	4:17	490	5:50	2.00	11:52	5:56	75	4:17	407	5:50
Runde	2.00	11:06	5:32	89	3:09	482	5:09	4.00	22:58	5:44	75	7:23	405	10:59
Runde	2.00	11:10	5:34	88	3:03	463	5:15	6.00	34:08	5:41	73	10:26	392	16:14
Runde	2.00	11:23	5:41	89	3:19	462	5:28	8.00	45:31	5:41	75	13:45	403	21:42
Leichtathletikhall	2.00	11:30	5:45	93	3:35	485	5:40	10.00	57:01	5:42	91	17:20	477	27:22