



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Materne, Siegfried

Club: Erfurt

Number: 1287

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:21

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 503 (of 686)

Rank in course/Men: 434 (of 543)

Best time in course: 29:39

Rank in category: 81(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	11:43	5:51	88	4:08	468	5:41	2.00	11:43	5:51	47	4:08	286	5:41
Runde	2.00	10:46	5:23	83	2:49	455	4:49	4.00	22:29	5:37	77	6:54	411	10:30
Runde	2.00	10:48	5:24	80	2:41	423	4:53	6.00	33:17	5:32	77	9:35	410	15:23
Runde	2.00	10:51	5:25	81	2:47	422	4:56	8.00	44:08	5:30	77	12:22	409	20:19
Leichtathletikhall	2.00	10:13	5:06	68	2:18	363	4:23	10.00	54:21	5:26	81	14:40	434	24:42