



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Niewiadomski, Peter**

Club: Ibykus Volleyball

Number: 1333

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:08

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 490 (of 686)

Rank in course/Men: 425 (of 543)

Best time in course: 29:39

Rank in category: 80(of 107)

Best time in the category: 39:41

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde             | 2.00        | 11:21         | 5:40            | 76          | 3:46           | 421         | 5:19          | 2.00          | 11:21         | 5:40            | 80          | 3:46           | 373        | 5:19          |
| Runde             | 2.00        | 10:44         | 5:21            | 82          | 2:47           | 450         | 4:47          | 4.00          | 22:05         | 5:31            | 80          | 6:30           | 292        | 10:06         |
| Runde             | 2.00        | 10:48         | 5:24            | 80          | 2:41           | 423         | 4:53          | 6.00          | 32:53         | 5:28            | 80          | 9:11           | 419        | 14:59         |
| Runde             | 2.00        | 10:51         | 5:25            | 81          | 2:47           | 422         | 4:56          | 8.00          | 43:44         | 5:28            | 80          | 11:58          | 418        | 19:55         |
| Leichtathletikhaf | 2.00        | 10:24         | 5:12            | 76          | 2:29           | 392         | 4:34          | 10.00         | 54:08         | 5:24            | 80          | 14:27          | 425        | 24:29         |