



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fritzlar, Helge

Club: Röblinglauf Verein

Number: 916

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:50

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 563 (of 686)

Rank in course/Men: 475 (of 543)

Best time in course: 29:39

Rank in category: 90(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	11:36	5:47	84	4:01	456	5:34	2.00	11:36	5:47	82	4:01	445	5:34
Runde	2.00	12:07	6:03	101	4:10	525	6:10	4.00	23:43	5:55	82	8:08	443	11:44
Runde	2.00	10:53	5:26	83	2:46	434	4:58	6.00	34:36	5:46	82	10:54	442	16:42
Runde	2.00	11:07	5:33	85	3:03	439	5:12	8.00	45:43	5:42	82	13:57	441	21:54
Leichtathletikhall	2.00	11:07	5:33	88	3:12	456	5:17	10.00	56:50	5:41	90	17:09	475	27:11