



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mentzel, Michael

Club: LTV Erfurt

Number: 1313

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:47

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 442 (of 686)

Rank in course/Men: 387 (of 543)

Best time in course: 29:39

Rank in category: 73(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:42	5:50	87	4:07	465	5:40	2.00	11:42	5:50	84	4:07	328	5:40
Runde	2.00	10:39	5:19	78	2:42	438	4:42	4.00	22:21	5:35	84	6:46	445	10:22
Runde	2.00	10:19	5:09	69	2:12	366	4:24	6.00	32:40	5:26	84	8:58	444	14:46
Runde	2.00	10:10	5:04	59	2:06	323	4:15	8.00	42:50	5:21	84	11:04	443	19:01
Leichtathletikhaf	2.00	9:57	4:58	53	2:02	322	4:07	10.00	52:47	5:16	73	13:06	387	23:08