



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bock, Thomas

Club: Plaue

Number: 1164

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:00:32

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course/Total: 634 (of 686)

Rank in course/Men: 516 (of 543)

Best time in course: 29:39

Rank in category: 100(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	12:40	6:19	98	5:05	525	6:38	2.00	12:40	6:19	66	5:05	376	6:38
Runde	2.00	11:28	5:44	91	3:31	498	5:31	4.00	24:08	6:01	89	8:33	384	12:09
Runde	2.00	11:45	5:52	97	3:38	503	5:50	6.00	35:53	5:58	89	12:11	459	17:59
Runde	2.00	12:10	6:04	100	4:06	512	6:15	8.00	48:03	6:00	89	16:17	458	24:14
Leichtathletikhaf	2.00	12:29	6:14	102	4:34	520	6:39	10.00	1:00:32	6:03	100	20:51	516	30:53