



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sprenger, Bernd

Club: LTV Erfurt

Number: 802

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: 443 (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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:41	5:50	86	4:06	464	5:39	2.00	11:41	5:50	90	4:06	469	5:39
Runde	2.00	10:39	5:19	78	2:42	438	4:42	4.00	22:20	5:34	90	6:45	346	10:21
Runde	2.00	10:36	5:17	77	2:29	409	4:41	6.00	32:56	5:29	90	9:14	437	15:02
Runde	2.00	10:00	5:00	45	1:56	292	4:05	8.00	42:56	5:21	90	11:10	412	19:07
Leichtathletikhall	2.00	9:51	4:55	51	1:56	307	4:01	10.00	52:47	5:16	73	13:06	387	23:08