



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Margraf, Andreas

Club: Tanzamis Margraf/Lux

Number: 1118

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:03:23

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 659 (of 686)

Rank in course/Men: 527 (of 543)

Best time in course: 29:39

Rank in category: 102(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		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	13:10	6:34	104	5:35	533	7:08	2.00	13:10	6:34	91	5:35	379	7:08	
Runde	2.00	12:54	6:27	104	4:57	534	6:57	4.00	26:04	6:30	91	10:29	373	14:05	
Runde	2.00	12:34	6:16	102	4:27	523	6:39	6.00	38:38	6:26	91	14:56	471	20:44	
Runde	2.00	12:36	6:17	102	4:32	524	6:41	8.00	51:14	6:24	91	19:28	470	27:25	
Leichtathletikhaf	2.00	12:09	6:04	101	4:14	516	6:19	10.00	1:03:23	6:20	102	23:42	527	33:44	