



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Frießleben, Holger

Club: Königsee-Rottenbach

Number: 1013

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:52

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 250 (of 686)

Rank in course/Men: 229 (of 543)

Best time in course: 29:39

Rank in category: 33(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	9:47	4:53	36	2:12	233	3:45	2.00	9:47	4:53	92	2:12	477	3:45
Runde	2.00	9:26	4:43	30	1:29	234	3:29	4.00	19:13	4:48	92	3:38	330	7:14
Runde	2.00	9:33	4:46	34	1:26	237	3:38	6.00	28:46	4:47	92	5:04	474	10:52
Runde	2.00	9:40	4:49	36	1:36	241	3:45	8.00	38:26	4:48	92	6:40	473	14:37
Leichtathletikhäl	2.00	9:26	4:43	38	1:31	238	3:36	10.00	47:52	4:47	33	8:11	229	18:13