



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

ungelenk, bernd

Club: wandersleben

Number: 1469

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:47

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 248 (of 686)

Rank in course/Men: 226 (of 543)

Best time in course: 29:39

Rank in category: 32(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	9:43	4:51	33	2:08	215	3:41	2.00	9:43	4:51	96	2:08	441	3:41
Runde	2.00	9:40	4:49	41	1:43	279	3:43	4.00	19:23	4:50	96	3:48	498	7:24
Runde	2.00	9:34	4:46	35	1:27	239	3:39	6.00	28:57	4:49	96	5:15	497	11:03
Runde	2.00	9:34	4:46	31	1:30	221	3:39	8.00	38:31	4:48	96	6:45	496	14:42
Leichtathletikhaf	2.00	9:16	4:38	29	1:21	210	3:26	10.00	47:47	4:46	32	8:06	226	18:08