



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Götzrath, Matthias

Club: Erfurt

Number: 1086

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:11:05

Speed: 8.44 km/h

Running performance: 7:07 min/km

Rank in course/Total: 671 (of 686)

Rank in course/Men: 532 (of 543)

Best time in course: 29:39

Rank in category: 105(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	13:02	6:30	103	5:27	530	7:00	2.00	13:02	6:30	99	5:27	459	7:00				
Runde	2.00	13:06	6:32	105	5:09	535	7:09	4.00	26:08	6:31	99	10:33	506	14:09				
Runde	2.00	14:05	7:02	106	5:58	537	8:10	6.00	40:13	6:42	99	16:31	505	22:19				
Runde	2.00	15:24	7:42	107	7:20	537	9:29	8.00	55:37	6:57	99	23:51	504	31:48				
Leichtathletikhäl	2.00	15:28	7:44	106	7:33	531	9:38	10.00	1:11:05	7:06	105	31:24	532	41:26				