



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schuhte, Henning

Club: Olbersleben

Number: 904

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 45:00

Speed: 13.33 km/h

Running performance: 4:30 min/km

Rank in course/Total: 151 (of 686)

Rank in course/Men: 140 (of 543)

Best time in course: 29:39

Rank in category: 18(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:54	4:27	20	1:19	125	2:52	2.00	8:54	4:27	100	1:19	59	2:52	
Runde	2.00	8:48	4:24	13	0:51	131	2:51	4.00	17:42	4:25	14	2:07	104	5:43	
Runde	2.00	9:02	4:30	17	0:55	139	3:07	6.00	26:44	4:27	100	3:02	94	8:50	
Runde	2.00	9:12	4:35	18	1:08	151	3:17	8.00	35:56	4:29	100	4:10	505	12:07	
Leichtathletikhall	2.00	9:04	4:31	18	1:09	176	3:14	10.00	45:00	4:30	18	5:19	140	15:21	