



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Brachmanski, Hans-Peter

Club: Erfurt
Number: 1129

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 46:14
Speed: 12.98 km/h
Running performance: 4:37 min/km
Rank in course/Total: 190 (of 686)
Rank in course/Men: 173 (of 543)
Best time in course: 29:39
Rank in category: 20(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	8:51	4:25	19	1:16	116	2:49	2.00	8:51	4:25	102	1:16	511	2:49
Runde	2.00	9:18	4:39	23	1:21	210	3:21	4.00	18:09	4:32	102	2:34	190	6:10
Runde	2.00	9:25	4:42	27	1:18	216	3:30	6.00	27:34	4:35	102	3:52	508	9:40
Runde	2.00	9:32	4:46	28	1:28	211	3:37	8.00	37:06	4:38	102	5:20	507	13:17
Leichtathletikhah	2.00	9:08	4:33	20	1:13	188	3:18	10.00	46:14	4:37	20	6:33	173	16:35