



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schreiber, Lutz

Club: Auebiker

Number: 1213

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:04

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 331 (of 686)

Rank in course/Men: 299 (of 543)

Best time in course: 29:39

Rank in category: 50(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:59	4:59	40	2:24	258	3:57	2.00	9:59	4:59	65	2:24	370	3:57
Runde	2.00	9:42	4:50	43	1:45	284	3:45	4.00	19:41	4:55	103	4:06	514	7:42
Runde	2.00	10:06	5:02	56	1:59	325	4:11	6.00	29:47	4:57	103	6:05	513	11:53
Runde	2.00	10:04	5:01	50	2:00	306	4:09	8.00	39:51	4:58	103	8:05	201	16:02
Leichtathletikhaf	2.00	10:13	5:06	68	2:18	363	4:23	10.00	50:04	5:00	50	10:23	299	20:25