



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Prescher, Lothar

Club: Rarámuri

Number: 1241

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:14

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 613 (of 686)

Rank in course/Men: 504 (of 543)

Best time in course: 29:39

Rank in category: 96(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	11:47	5:53	90	4:12	477	5:45	2.00	11:47	5:53	104	4:12	258	5:45
Runde	2.00	11:53	5:56	99	3:56	521	5:56	4.00	23:40	5:55	104	8:05	517	11:41
Runde	2.00	11:55	5:57	99	3:48	507	6:00	6.00	35:35	5:55	104	11:53	516	17:41
Runde	2.00	12:00	6:00	97	3:56	508	6:05	8.00	47:35	5:56	104	15:49	515	23:46
Leichtathletikhaf	2.00	11:39	5:49	95	3:44	494	5:49	10.00	59:14	5:55	96	19:33	504	29:35