



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Filusch, Uwe

Club: Hamburger Amtsgerichte
Number: 1076

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:48

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 370 (of 686)

Rank in course/Men: 331 (of 543)

Best time in course: 29:39

Rank in category: 59(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	10:09	5:04	52	2:34	286	4:07	2.00	10:09	5:04	30	2:34	222	4:07
Runde	2.00	9:58	4:59	58	2:01	330	4:01	4.00	20:07	5:01	106	4:32	532	8:08
Runde	2.00	10:11	5:05	61	2:04	337	4:16	6.00	30:18	5:02	106	6:36	530	12:24
Runde	2.00	10:26	5:13	68	2:22	354	4:31	8.00	40:44	5:05	106	8:58	239	16:55
Leichtathletikhah	2.00	10:04	5:01	61	2:09	341	4:14	10.00	50:48	5:04	59	11:07	331	21:09