



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ostermann, Frank

Club: Stadtwerke Erfurt

Number: 1120

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 40:28

Speed: 14.83 km/h

Running performance: 4:03 min/km

Rank in course/Total: 48 (of 686)

Rank in course/Men: 42 (of 543)

Best time in course: 29:39

Rank in category: 2(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	7:56	3:58	3	0:21	48	1:54	2.00	7:56	3:58	2	0:21	45	1:54
Runde	2.00	7:57	3:58	1	-	39	2:00	4.00	15:53	3:58	2	0:18	44	3:54
Runde	2.00	8:11	4:05	3	0:04	44	2:16	6.00	24:04	4:00	2	0:22	43	6:10
Runde	2.00	8:21	4:10	3	0:17	51	2:26	8.00	32:25	4:03	2	0:39	42	8:36
Leichtathletikhall	2.00	8:03	4:01	3	0:08	50	2:13	10.00	40:28	4:02	2	0:47	42	10:49