



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Günther, Egbert

Club: Erfurt
Number: 890

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 41:20

Speed: 14.52 km/h
Running performance: 4:08 min/km

Rank in course/Total: 58 (of 686)

Rank in course/Men: 52 (of 543)

Best time in course: 29:39

Rank in category: 4(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	7:51	3:55	2	0:16	42	1:49	2.00	7:51	3:55	4	0:16	37	1:49	
Runde	2.00	8:07	4:03	3	0:10	46	2:10	4.00	15:58	3:59	4	0:23	53	3:59	
Runde	2.00	8:24	4:12	4	0:17	58	2:29	6.00	24:22	4:03	4	0:40	52	6:28	
Runde	2.00	8:31	4:15	5	0:27	64	2:36	8.00	32:53	4:06	4	1:07	46	9:04	
Leichtathletikhah	2.00	8:27	4:13	6	0:32	78	2:37	10.00	41:20	4:08	4	1:39	52	11:41	