



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kintzel, Achim

Club: Erfurt

Number: 1300

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:36

Speed: 14.08 km/h

Running performance: 4:16 min/km

Rank in course/Total: 86 (of 686)

Rank in course/Men: 78 (of 543)

Best time in course: 29:39

Rank in category: 9(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	8:14	4:06	10	0:39	71	2:12	2.00	8:14	4:06	6	0:39	61	2:12	
Runde	2.00	8:28	4:14	10	0:31	84	2:31	4.00	16:42	4:10	6	1:07	60	4:43	
Runde	2.00	8:37	4:18	11	0:30	90	2:42	6.00	25:19	4:13	6	1:37	59	7:25	
Runde	2.00	8:49	4:24	10	0:45	95	2:54	8.00	34:08	4:15	6	2:22	58	10:19	
Leichtathletikhaf	2.00	8:28	4:14	7	0:33	81	2:38	10.00	42:36	4:15	9	2:55	78	12:57	