



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Almeroth, Lutz

Club: LTV Erfurt

Number: 918

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 41:51

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 66 (of 686)

Rank in course/Men: 60 (of 543)

Best time in course: 29:39

Rank in category: 6(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	8:00	4:00	6	0:25	57	1:58	2.00	8:00	4:00	10	0:25	73	1:58	
Runde	2.00	8:17	4:08	5	0:20	61	2:20	4.00	16:17	4:04	10	0:42	72	4:18	
Runde	2.00	8:27	4:13	6	0:20	65	2:32	6.00	24:44	4:07	10	1:02	71	6:50	
Runde	2.00	8:39	4:19	8	0:35	76	2:44	8.00	33:23	4:10	10	1:37	70	9:34	
Leichtathletikhaf	2.00	8:28	4:14	7	0:33	81	2:38	10.00	41:51	4:11	6	2:10	60	12:12	