



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Albin, Lutz

Club: LTV Erfurt

Number: 997

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 44:58

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 148 (of 686)

Rank in course/Men: 138 (of 543)

Best time in course: 29:39

Rank in category: 17(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	8:40	4:19	14	1:05	98	2:38	2.00	8:40	4:19	15	1:05	122	2:38	
Runde	2.00	8:50	4:25	15	0:53	138	2:53	4.00	17:30	4:22	15	1:55	121	5:31	
Runde	2.00	9:05	4:32	20	0:58	150	3:10	6.00	26:35	4:25	15	2:53	120	8:41	
Runde	2.00	9:12	4:35	18	1:08	151	3:17	8.00	35:47	4:28	13	4:01	91	11:58	
Leichtathletikhaf	2.00	9:11	4:35	22	1:16	193	3:21	10.00	44:58	4:29	17	5:17	138	15:19	