



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fleischmann, Thomas

Club: LTV Erfurt

Number: 1432

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 44:47

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 140 (of 686)

Rank in course/Men: 130 (of 543)

Best time in course: 29:39

Rank in category: 16(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	8:39	4:19	13	1:04	94	2:37	2.00	8:39	4:19	17	1:04	79	2:37
Runde	2.00	8:50	4:25	15	0:53	138	2:53	4.00	17:29	4:22	17	1:54	123	5:30
Runde	2.00	9:05	4:32	20	0:58	150	3:10	6.00	26:34	4:25	17	2:52	130	8:40
Runde	2.00	9:09	4:34	15	1:05	145	3:14	8.00	35:43	4:27	14	3:57	102	11:54
Leichtathletikhaf	2.00	9:04	4:31	18	1:09	176	3:14	10.00	44:47	4:28	16	5:06	130	15:08