



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mölders, Martin

Club: SV Arnstadt 09

Number: 1436

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 44:46

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 139 (of 686)

Rank in course/Men: 128 (of 543)

Best time in course: 29:39

Rank in category: 14(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	8:49	4:24	17	1:14	113	2:47	2.00	8:49	4:24	18	1:14	149	2:47	
Runde	2.00	8:52	4:26	17	0:55	146	2:55	4.00	17:41	4:25	18	2:06	148	5:42	
Runde	2.00	9:02	4:30	17	0:55	139	3:07	6.00	26:43	4:27	18	3:01	111	8:49	
Runde	2.00	9:06	4:32	14	1:02	137	3:11	8.00	35:49	4:28	18	4:03	146	12:00	
Leichtathletikhalle	2.00	8:57	4:28	15	1:02	161	3:07	10.00	44:46	4:28	14	5:05	128	15:07	