



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Vogelmann, Bernd

Club: SV Thuringia Königsee

Number: 1160

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:54

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 213 (of 686)

Rank in course/Men: 195 (of 543)

Best time in course: 29:39

Rank in category: 24(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:24	4:42	25	1:49	180	3:22	2.00	9:24	4:42	20	1:49	169	3:22
Runde	2.00	9:20	4:40	25	1:23	216	3:23	4.00	18:44	4:41	20	3:09	168	6:45
Runde	2.00	9:19	4:39	22	1:12	193	3:24	6.00	28:03	4:40	20	4:21	167	10:09
Runde	2.00	9:29	4:44	27	1:25	205	3:34	8.00	37:32	4:41	20	5:46	166	13:43
Leichtathletikhaf	2.00	9:22	4:41	35	1:27	232	3:32	10.00	46:54	4:41	24	7:13	195	17:15