



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Birkefeld, Armin

Club: SG Jugendkraft Crawinkel e.V.

Number: 1297

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:00

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 291 (of 686)

Rank in course/Men: 264 (of 543)

Best time in course: 29:39

Rank in category: 39(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:05	5:02	45	2:30	273	4:03	2.00	10:05	5:02	23	2:30	194	4:03
Runde	2.00	9:38	4:48	40	1:41	274	3:41	4.00	19:43	4:55	23	4:08	193	7:44
Runde	2.00	9:40	4:49	38	1:33	256	3:45	6.00	29:23	4:53	23	5:41	192	11:29
Runde	2.00	9:54	4:57	42	1:50	270	3:59	8.00	39:17	4:54	23	7:31	191	15:28
Leichtathletikh	2.00	9:43	4:51	45	1:48	279	3:53	10.00	49:00	4:54	39	9:19	264	19:21