



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schirmmacher, Dirk

Club: Borbet LSZ

Number: 1078

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:20

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 346 (of 686)

Rank in course/Men: 313 (of 543)

Best time in course: 29:39

Rank in category: 51(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	10:04	5:01	43	2:29	268	4:02	2.00	10:04	5:01	27	2:29	211	4:02
Runde	2.00	9:51	4:55	50	1:54	307	3:54	4.00	19:55	4:58	27	4:20	209	7:56
Runde	2.00	10:07	5:03	57	2:00	327	4:12	6.00	30:02	5:00	27	6:20	208	12:08
Runde	2.00	10:21	5:10	67	2:17	350	4:26	8.00	40:23	5:02	27	8:37	207	16:34
Leichtathletikhaf	2.00	9:57	4:58	53	2:02	322	4:07	10.00	50:20	5:01	51	10:39	313	20:41