



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Rose, Frank**

Club: Behringen

Number: 828

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: 347 (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	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	11:16	5:38	75	3:41	416	5:14	2.00	11:16	5:38	29	3:41	221	5:14	
Runde	2.00	9:50	4:55	48	1:53	303	3:53	4.00	21:06	5:16	29	5:31	219	9:07	
Runde	2.00	9:49	4:54	43	1:42	282	3:54	6.00	30:55	5:09	29	7:13	218	13:01	
Runde	2.00	9:48	4:54	39	1:44	257	3:53	8.00	40:43	5:05	29	8:57	217	16:54	
Leichtathletikhall	2.00	9:37	4:48	42	1:42	268	3:47	10.00	50:20	5:01	51	10:39	313	20:41	