



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Müller, Eckhard

Club: SV Rot-Weiß Wiehe

Number: 1627

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:53

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 326 (of 686)

Rank in course/Men: 295 (of 543)

Best time in course: 29:39

Rank in category: 47(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:09	5:04	52	2:34	286	4:07	2.00	10:09	5:04	30	2:34	222	4:07			
Runde	2.00	10:03	5:01	61	2:06	340	4:06	4.00	20:12	5:02	30	4:37	220	8:13			
Runde	2.00	9:58	4:59	48	1:51	304	4:03	6.00	30:10	5:01	30	6:28	219	12:16			
Runde	2.00	10:03	5:01	48	1:59	302	4:08	8.00	40:13	5:01	30	8:27	218	16:24			
Leichtathletikhäl	2.00	9:40	4:49	44	1:45	276	3:50	10.00	49:53	4:59	47	10:12	295	20:14			