



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hessland, Ralf

Club: Friedrichroda

Number: 843

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:07

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 420 (of 686)

Rank in course/Men: 369 (of 543)

Best time in course: 29:39

Rank in category: 67(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	11:26	5:43	79	3:51	432	5:24	2.00	11:26	5:43	31	3:51	227	5:24
Runde	2.00	10:20	5:10	71	2:23	397	4:23	4.00	21:46	5:26	31	6:11	225	9:47
Runde	2.00	10:18	5:09	67	2:11	363	4:23	6.00	32:04	5:20	31	8:22	224	14:10
Runde	2.00	10:08	5:03	55	2:04	316	4:13	8.00	42:12	5:16	31	10:26	223	18:23
Leichtathletikhall	2.00	9:55	4:57	52	2:00	316	4:05	10.00	52:07	5:12	67	12:26	369	22:28