



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Roland, Michael

Club: Erfurt
Number: 930

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 47:07

Speed: 12.73 km/h
Running performance: 4:43 min/km

Rank in course/Total: 225 (of 686)

Rank in course/Men: 207 (of 543)

Best time in course: 29:39

Rank in category: 27(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	9:35	4:47	28	2:00	199	3:33	2.00	9:35	4:47	25	2:00	202	3:33	
Runde	2.00	9:20	4:40	25	1:23	216	3:23	4.00	18:55	4:43	33	3:20	157	6:56	
Runde	2.00	9:29	4:44	29	1:22	224	3:34	6.00	28:24	4:44	33	4:42	231	10:30	
Runde	2.00	9:33	4:46	30	1:29	217	3:38	8.00	37:57	4:44	33	6:11	173	14:08	
Leichtathletikhaf	2.00	9:10	4:34	21	1:15	191	3:20	10.00	47:07	4:42	27	7:26	207	17:28	