



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mieth, Michael

Club: ANNA KRAM e.V.

Number: 840

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:39

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 441 (of 686)

Rank in course/Men: 386 (of 543)

Best time in course: 29:39

Rank in category: 72(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	11:34	5:46	82	3:59	452	5:32	2.00	11:34	5:46	36	3:59	190	5:32
Runde	2.00	10:54	5:27	85	2:57	465	4:57	4.00	22:28	5:36	36	6:53	239	10:29
Runde	2.00	10:42	5:20	79	2:35	415	4:47	6.00	33:10	5:31	36	9:28	238	15:16
Runde	2.00	9:59	4:59	43	1:55	290	4:04	8.00	43:09	5:23	36	11:23	237	19:20
Leichtathletikhaf	2.00	9:30	4:45	39	1:35	248	3:40	10.00	52:39	5:15	72	12:58	386	23:00