



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Koch, Thomas

Club: Team Eichsfeld

Number: 946

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:35

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 356 (of 686)

Rank in course/Men: 321 (of 543)

Best time in course: 29:39

Rank in category: 55(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 | 11:35 | 5:47 | 83 | 4:00 | 454 | 5:33 | 2.00 | 11:35 | 5:47 | 40 | 4:00 | 260 | 5:33 |
| Runde | 2.00 | 9:57 | 4:58 | 54 | 2:00 | 325 | 4:00 | 4.00 | 21:32 | 5:23 | 40 | 5:57 | 258 | 9:33 |
| Runde | 2.00 | 9:48 | 4:54 | 42 | 1:41 | 278 | 3:53 | 6.00 | 31:20 | 5:13 | 40 | 7:38 | 257 | 13:26 |
| Runde | 2.00 | 9:45 | 4:52 | 38 | 1:41 | 253 | 3:50 | 8.00 | 41:05 | 5:08 | 40 | 9:19 | 256 | 17:16 |
| Leichtathletikhall | 2.00 | 9:30 | 4:45 | 39 | 1:35 | 248 | 3:40 | 10.00 | 50:35 | 5:03 | 55 | 10:54 | 321 | 20:56 |