



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schermesser, Jürgen

Club: speedy hares

Number: 1229

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:18

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 390 (of 686)

Rank in course/Men: 345 (of 543)

Best time in course: 29:39

Rank in category: 65(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	10:37	5:18	62	3:02	352	4:35	2.00	10:37	5:18	42	3:02	263	4:35
Runde	2.00	10:04	5:01	62	2:07	344	4:07	4.00	20:41	5:10	42	5:06	261	8:42
Runde	2.00	10:10	5:04	60	2:03	334	4:15	6.00	30:51	5:08	42	7:09	240	12:57
Runde	2.00	10:12	5:05	61	2:08	329	4:17	8.00	41:03	5:07	42	9:17	259	17:14
Leichtathletikhalle	2.00	10:15	5:07	71	2:20	367	4:25	10.00	51:18	5:07	65	11:37	345	21:39