



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schaller, Lutz

Club: SLG Bad Langensalza

Number: 1413

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:00

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 484 (of 686)

Rank in course/Men: 420 (of 543)

Best time in course: 29:39

Rank in category: 78(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	11:24	5:42	78	3:49	428	5:22	2.00	11:24	5:42	49	3:49	271	5:22
Runde	2.00	10:29	5:14	75	2:32	413	4:32	4.00	21:53	5:28	49	6:18	289	9:54
Runde	2.00	10:30	5:15	73	2:23	393	4:35	6.00	32:23	5:23	49	8:41	288	14:29
Runde	2.00	10:34	5:16	73	2:30	385	4:39	8.00	42:57	5:22	49	11:11	287	19:08
Leichtathletikhäl	2.00	11:03	5:31	87	3:08	453	5:13	10.00	54:00	5:24	78	14:19	420	24:21