



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Halle, Axel

Club: Team Erdinger Alkoholfrei

Number: 1284

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:51

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 373 (of 686)

Rank in course/Men: 335 (of 543)

Best time in course: 29:39

Rank in category: 60(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	9:58	4:59	39	2:23	256	3:56	2.00	9:58	4:59	50	2:23	292	3:56
Runde	2.00	9:56	4:58	53	1:59	320	3:59	4.00	19:54	4:58	50	4:19	290	7:55
Runde	2.00	10:16	5:08	65	2:09	356	4:21	6.00	30:10	5:01	30	6:28	219	12:16
Runde	2.00	10:28	5:14	70	2:24	366	4:33	8.00	40:38	5:04	50	8:52	288	16:49
Leichtathletikhall	2.00	10:13	5:06	68	2:18	363	4:23	10.00	50:51	5:05	60	11:10	335	21:12