



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weise, Matthias

Club: Goldbach

Number: 1199

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:19

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 423 (of 686)

Rank in course/Men: 371 (of 543)

Best time in course: 29:39

Rank in category: 69(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	11:23	5:41	77	3:48	425	5:21	2.00	11:23	5:41	52	3:48	305	5:21
Runde	2.00	10:18	5:09	69	2:21	392	4:21	4.00	21:41	5:25	52	6:06	303	9:42
Runde	2.00	10:18	5:09	67	2:11	363	4:23	6.00	31:59	5:19	52	8:17	302	14:05
Runde	2.00	10:19	5:09	66	2:15	345	4:24	8.00	42:18	5:17	52	10:32	301	18:29
Leichtathletikhaf	2.00	10:01	5:00	58	2:06	334	4:11	10.00	52:19	5:13	69	12:38	371	22:40