



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eichhorn, Bernd

Club: Erfurt
Number: 1276

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 55:55

Speed: 10.73 km/h
Running performance: 5:35 min/km

Rank in course/Total: 545 (of 686)

Rank in course/Men: 461 (of 543)

Best time in course: 29:39

Rank in category: 87(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:03	5:31	72	3:28	399	5:01	2.00	11:03	5:31	56	3:28	171	5:01
Runde	2.00	11:03	5:31	88	3:06	478	5:06	4.00	22:06	5:31	56	6:31	316	10:07
Runde	2.00	11:24	5:42	91	3:17	482	5:29	6.00	33:30	5:34	56	9:48	291	15:36
Runde	2.00	11:27	5:43	90	3:23	467	5:32	8.00	44:57	5:37	47	13:11	282	21:08
Leichtathletikhall	2.00	10:58	5:29	85	3:03	445	5:08	10.00	55:55	5:35	87	16:14	461	26:16