



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reisener, Sigurd

Club: ANNA KRAM e.V.

Number: 841

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:08

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 610 (of 686)

Rank in course/Men: 503 (of 543)

Best time in course: 29:39

Rank in category: 95(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	12:34	6:16	96	4:59	522	6:32	2.00	12:34	6:16	59	4:59	341	6:32
Runde	2.00	11:43	5:51	96	3:46	511	5:46	4.00	24:17	6:04	59	8:42	339	12:18
Runde	2.00	11:44	5:51	95	3:37	500	5:49	6.00	36:01	6:00	59	12:19	338	18:07
Runde	2.00	11:45	5:52	94	3:41	489	5:50	8.00	47:46	5:58	59	16:00	337	23:57
Leichtathletikhall	2.00	11:22	5:41	92	3:27	477	5:32	10.00	59:08	5:54	95	19:27	503	29:29