



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rosahl, Steffen

Club: HELIOS

Number: 1119

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:43

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 560 (of 686)

Rank in course/Men: 473 (of 543)

Best time in course: 29:39

Rank in category: 89(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:50	5:55	91	4:15	487	5:48	2.00	11:50	5:55	60	4:15	174	5:48
Runde	2.00	11:33	5:46	94	3:36	506	5:36	4.00	23:23	5:50	60	7:48	351	11:24
Runde	2.00	11:18	5:39	90	3:11	473	5:23	6.00	34:41	5:46	60	10:59	350	16:47
Runde	2.00	11:15	5:37	88	3:11	449	5:20	8.00	45:56	5:44	60	14:10	349	22:07
Leichtathletikhall	2.00	10:47	5:23	81	2:52	429	4:57	10.00	56:43	5:40	89	17:02	473	27:04