



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pippus, Georg

Club: FC Gebesee

Number: 1132

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:24

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 506 (of 686)

Rank in course/Men: 436 (of 543)

Best time in course: 29:39

Rank in category: 82(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		Total min/km	Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	km	Time		Pos Cat.	Behind Cat.		
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	10:40	5:19	80	2:43	441	4:43	4.00	21:43	5:25	61	6:08	352	9:44
Runde	2.00	10:50	5:25	82	2:43	429	4:55	6.00	32:33	5:25	61	8:51	351	14:39
Runde	2.00	10:59	5:29	83	2:55	431	5:04	8.00	43:32	5:26	61	11:46	350	19:43
Leichtathletikhaf	2.00	10:52	5:26	84	2:57	436	5:02	10.00	54:24	5:26	82	14:43	436	24:45