



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 808

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:41

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 283 (of 686)

Rank in course/Men: 255 (of 543)

Best time in course: 29:39

Rank in category: 37(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	10:08	5:03	48	2:33	278	4:06	2.00	10:08	5:03	48	2:33	207	4:06
Runde	2.00	9:42	4:50	43	1:45	284	3:45	4.00	19:50	4:57	63	4:15	151	7:51
Runde	2.00	9:49	4:54	43	1:42	282	3:54	6.00	29:39	4:56	63	5:57	356	11:45
Runde	2.00	9:50	4:55	41	1:46	262	3:55	8.00	39:29	4:56	63	7:43	355	15:40
Leichtathletikhall	2.00	9:12	4:35	26	1:17	198	3:22	10.00	48:41	4:52	37	9:00	255	19:02