



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Althaus, Harald**

Club: Dingelstädt

Number: 936

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:23

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 198 (of 686)

Rank in course/Men: 180 (of 543)

Best time in course: 29:39

Rank in category: 21(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	8:55	4:27	21	1:20	130	2:53	2.00	8:55	4:27	64	1:20	32	2:53
Runde	2.00	9:16	4:38	21	1:19	205	3:19	4.00	18:11	4:32	64	2:36	366	6:12
Runde	2.00	9:22	4:41	24	1:15	208	3:27	6.00	27:33	4:35	64	3:51	360	9:39
Runde	2.00	9:39	4:49	34	1:35	235	3:44	8.00	37:12	4:39	64	5:26	364	13:23
Leichtathletikhall	2.00	9:11	4:35	22	1:16	193	3:21	10.00	46:23	4:38	21	6:42	180	16:44