



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dörge, Volker

Club: Günthersleben-Wechmar

Number: 833

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:11

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 525 (of 686)

Rank in course/Men: 447 (of 543)

Best time in course: 29:39

Rank in category: 84(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:59	4:59	40	2:24	258	3:57	2.00	9:59	4:59	65	2:24	370	3:57
Runde	2.00	10:20	5:10	71	2:23	397	4:23	4.00	20:19	5:04	65	4:44	304	8:20
Runde	2.00	11:04	5:31	87	2:57	450	5:09	6.00	31:23	5:13	65	7:41	312	13:29
Runde	2.00	11:54	5:57	96	3:50	503	5:59	8.00	43:17	5:24	65	11:31	254	19:28
Leichtathletikhah	2.00	11:54	5:57	99	3:59	508	6:04	10.00	55:11	5:31	84	15:30	447	25:32