



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Koch, Rainer

Club: Plaue

Number: 1421

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 618 (of 686)

Rank in course/Men: 507 (of 543)

Best time in course: 29:39

Rank in category: 99(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	12:40	6:19	98	5:05	525	6:38	2.00	12:40	6:19	66	5:05	376	6:38
Runde	2.00	11:16	5:38	90	3:19	490	5:19	4.00	23:56	5:59	66	8:21	374	11:57
Runde	2.00	11:44	5:51	95	3:37	500	5:49	6.00	35:40	5:56	66	11:58	373	17:46
Runde	2.00	12:01	6:00	99	3:57	510	6:06	8.00	47:41	5:57	66	15:55	372	23:52
Leichtathletikhaf	2.00	11:48	5:54	98	3:53	502	5:58	10.00	59:29	5:56	99	19:48	507	29:50