



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Trost, Holger

Club: LTV Erfurt

Number: 1256

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:24

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 307 (of 686)

Rank in course/Men: 277 (of 543)

Best time in course: 29:39

Rank in category: 43(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	11:00	5:30	69	3:25	388	4:58	2.00	11:00	5:30	58	3:25	163	4:58
Runde	2.00	9:26	4:43	30	1:29	234	3:29	4.00	20:26	5:06	68	4:51	195	8:27
Runde	2.00	9:59	4:59	49	1:52	306	4:04	6.00	30:25	5:04	68	6:43	194	12:31
Runde	2.00	9:38	4:48	33	1:34	233	3:43	8.00	40:03	5:00	68	8:17	193	16:14
Leichtathletikhaf	2.00	9:21	4:40	33	1:26	226	3:31	10.00	49:24	4:56	43	9:43	277	19:45