



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Döring, Frank**

Club: Stadtwerke Erfurt

Number: 1122

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:27

Speed: 10.09 km/h

Running performance: 5:56 min/km

Rank in course/Total: 616 (of 686)

Rank in course/Men: 506 (of 543)

Best time in course: 29:39

Rank in category: 98(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	12:19	6:09	95	4:44	514	6:17	2.00	12:19	6:09	70	4:44	389	6:17
Runde	2.00	11:41	5:50	95	3:44	508	5:44	4.00	24:00	6:00	70	8:25	387	12:01
Runde	2.00	11:50	5:55	98	3:43	505	5:55	6.00	35:50	5:58	70	12:08	386	17:56
Runde	2.00	11:52	5:56	95	3:48	502	5:57	8.00	47:42	5:57	70	15:56	385	23:53
Leichtathletikhäl	2.00	11:45	5:52	97	3:50	498	5:55	10.00	59:27	5:56	98	19:46	506	29:48