



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 |
| Leichtathletikhaf | 2.00 | 11:45 | 5:52 | 97 | 3:50 | 498 | 5:55 | 10.00 | 59:27 | 5:56 | 98 | 19:46 | 506 | 29:48 |