



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Recknagel, Michael

Club: Suhl

Number: 1631

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:59

Speed: 12.77 km/h

Running performance: 4:42 min/km

Rank in course/Total: 219 (of 686)

Rank in course/Men: 200 (of 543)

Best time in course: 29:39

Rank in category: 25(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	10:26	5:13	55	2:51	319	4:24	2.00	10:26	5:13	71	2:51	390	4:24
Runde	2.00	9:36	4:47	38	1:39	265	3:39	4.00	20:02	5:00	71	4:27	388	8:03
Runde	2.00	8:34	4:16	9	0:27	79	2:39	6.00	28:36	4:46	71	4:54	387	10:42
Runde	2.00	9:10	4:34	16	1:06	147	3:15	8.00	37:46	4:43	71	6:00	386	13:57
Leichtathletikhaf	2.00	9:13	4:36	27	1:18	203	3:23	10.00	46:59	4:41	25	7:18	200	17:20