



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

### Wiederhöft, Lutz

Club: SG Großmölsen

Number: 858

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:14

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 612 (of 686)

Rank in course/Men: 504 (of 543)

Best time in course: 29:39

Rank in category: 96(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	12:53	6:26	102	5:18	529	6:51	2.00	12:53	6:26	72	5:18	391	6:51
Runde	2.00	11:45	5:52	97	3:48	514	5:48	4.00	24:38	6:09	72	9:03	389	12:39
Runde	2.00	11:57	5:58	100	3:50	508	6:02	6.00	36:35	6:05	72	12:53	388	18:41
Runde	2.00	12:00	6:00	97	3:56	508	6:05	8.00	48:35	6:04	72	16:49	387	24:46
Leichtathletikhäl	2.00	10:39	5:19	78	2:44	417	4:49	10.00	59:14	5:55	96	19:33	504	29:35