



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sammler, Heiko

Club: Arnstadt

Number: 1437

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 57:25

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 579 (of 686)

Rank in course/Men: 485 (of 543)

Best time in course: 29:39

Rank in category: 93(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:01	5:30	71	3:26	394	4:59	2.00	11:01	5:30	73	3:26	162	4:59
Runde	2.00	11:32	5:46	93	3:35	505	5:35	4.00	22:33	5:38	73	6:58	371	10:34
Runde	2.00	11:35	5:47	92	3:28	495	5:40	6.00	34:08	5:41	73	10:26	392	16:14
Runde	2.00	11:41	5:50	93	3:37	481	5:46	8.00	45:49	5:43	73	14:03	384	22:00
Leichtathletikhall	2.00	11:36	5:47	94	3:41	490	5:46	10.00	57:25	5:44	93	17:44	485	27:46