



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hammer, Andreas

Club: Mühlhausen

Number: 1395

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 57:37

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 583 (of 686)

Rank in course/Men: 488 (of 543)

Best time in course: 29:39

Rank in category: 94(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	12:43	6:21	100	5:08	527	6:41	2.00	12:43	6:21	74	5:08	400	6:41
Runde	2.00	12:04	6:01	100	4:07	524	6:07	4.00	24:47	6:11	74	9:12	398	12:48
Runde	2.00	10:58	5:29	85	2:51	440	5:03	6.00	35:45	5:57	74	12:03	397	17:51
Runde	2.00	11:03	5:31	84	2:59	436	5:08	8.00	46:48	5:50	74	15:02	396	22:59
Leichtathletikhall	2.00	10:49	5:24	83	2:54	434	4:59	10.00	57:37	5:45	94	17:56	488	27:58