



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Junne, Ralf

Club: Erfurt

Number: 1798

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:19

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 267 (of 686)

Rank in course/Men: 241 (of 543)

Best time in course: 29:39

Rank in category: 35(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:10	5:04	54	2:35	293	4:08	2.00	10:10	5:04	76	2:35	249	4:08
Runde	2.00	9:30	4:45	36	1:33	250	3:33	4.00	19:40	4:55	76	4:05	175	7:41
Runde	2.00	9:32	4:46	33	1:25	235	3:37	6.00	29:12	4:51	76	5:30	155	11:18
Runde	2.00	9:43	4:51	37	1:39	248	3:48	8.00	38:55	4:51	76	7:09	405	15:06
Leichtathletikhah	2.00	9:24	4:42	36	1:29	234	3:34	10.00	48:19	4:49	35	8:38	241	18:40