



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Niewiadomski, Peter

Club: Ibykus Volleyball

Number: 1333

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:08

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 490 (of 686)

Rank in course/Men: 425 (of 543)

Best time in course: 29:39

Rank in category: 80(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	11:21	5:40	76	3:46	421	5:19	2.00	11:21	5:40	80	3:46	373	5:19
Runde	2.00	10:44	5:21	82	2:47	450	4:47	4.00	22:05	5:31	80	6:30	292	10:06
Runde	2.00	10:48	5:24	80	2:41	423	4:53	6.00	32:53	5:28	80	9:11	419	14:59
Runde	2.00	10:51	5:25	81	2:47	422	4:56	8.00	43:44	5:28	80	11:58	418	19:55
Leichtathletikh	2.00	10:24	5:12	76	2:29	392	4:34	10.00	54:08	5:24	80	14:27	425	24:29