



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Blank, Peter

Club: Warudi SV

Number: 912

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:25

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 310 (of 686)

Rank in course/Men: 278 (of 543)

Best time in course: 29:39

Rank in category: 44(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	9:54	4:57	38	2:19	247	3:52	2.00	9:54	4:57	81	2:19	259	3:52
Runde	2.00	9:41	4:50	42	1:44	282	3:44	4.00	19:35	4:53	81	4:00	206	7:36
Runde	2.00	9:56	4:58	47	1:49	301	4:01	6.00	29:31	4:55	81	5:49	421	11:37
Runde	2.00	10:06	5:02	54	2:02	313	4:11	8.00	39:37	4:57	34	7:51	234	15:48
Leichtathletikhall	2.00	9:48	4:54	49	1:53	294	3:58	10.00	49:25	4:56	44	9:44	278	19:46