



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Klose, Detlef

Club: HSV Weimar

Number: 954

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:38

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 241 (of 686)

Rank in course/Men: 220 (of 543)

Best time in course: 29:39

Rank in category: 31(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	10:07	5:03	47	2:32	277	4:05	2.00	10:07	5:03	87	2:32	455	4:05
Runde	2.00	9:27	4:43	32	1:30	239	3:30	4.00	19:34	4:53	87	3:59	453	7:35
Runde	2.00	9:27	4:43	28	1:20	219	3:32	6.00	29:01	4:50	87	5:19	452	11:07
Runde	2.00	9:26	4:43	24	1:22	198	3:31	8.00	38:27	4:48	87	6:41	451	14:38
Leichtathletikhaf	2.00	9:11	4:35	22	1:16	193	3:21	10.00	47:38	4:45	31	7:57	220	17:59