



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kläser, Guido

Club: SV Noswendel

Number: 1136

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:00

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 292 (of 686)

Rank in course/Men: 264 (of 543)

Best time in course: 29:39

Rank in category: 39(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:46	4:53	35	2:11	227	3:44	2.00	9:46	4:53	105	2:11	178	3:44
Runde	2.00	9:43	4:51	45	1:46	287	3:46	4.00	19:29	4:52	105	3:54	528	7:30
Runde	2.00	9:35	4:47	36	1:28	244	3:40	6.00	29:04	4:50	105	5:22	151	11:10
Runde	2.00	9:59	4:59	43	1:55	290	4:04	8.00	39:03	4:52	105	7:17	526	15:14
Leichtathletikhof	2.00	9:57	4:58	53	2:02	322	4:07	10.00	49:00	4:54	39	9:19	264	19:21