



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krause, Uwe

Club: Alach

Number: 117

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 16:26

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 50 (of 477)

Rank in course/Men: 45 (of 315)

Best time in course: 12:17

Rank in category: 4(of 35)

Best time in the category: 15:11

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	8:16	4:08	5	1:59	58	2:16	2.00	8:16	4:08	19		94	2:16
Leichtathletikhalle	2.00	8:10	4:04	2	0:28	41	1:56	4.00	16:26	4:06	4	1:15	45	4:09