



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Klauke, Heiner

Club: Elxleben

Number: 1226

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:17

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 552 (of 686)

Rank in course/Men: 467 (of 543)

Best time in course: 29:39

Rank in category: 154(of 178)

Best time in the category: 37:27

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	10:31	5:15	106	3:20	332	4:29	2.00	10:31	5:15	117	2:32	235	4:29
Runde	2.00	10:58	5:29	156	3:38	468	5:01	4.00	21:29	5:22	116	4:13	329	9:30
Runde	2.00	11:34	5:46	165	3:59	494	5:39	6.00	33:03	5:30	115	10:57	328	15:09
Runde	2.00	11:46	5:53	161	4:01	494	5:51	8.00	44:49	5:36	114	14:58	327	21:00
Leichtathletikhof	2.00	11:28	5:44	158	4:00	481	5:38	10.00	56:17	5:37	154	18:50	467	26:38