



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kunz, Hans-Jürgen

Club: Dortmund

Number: 1030

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 47:16

Speed: 12.69 km/h

Running performance: 4:44 min/km

Rank in course/Total: 230 (of 686)

Rank in course/Men: 211 (of 543)

Best time in course: 29:39

Rank in category: 6(of 25)

Best time in the category: 42:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:39	4:49	6	1:26	202	3:37	2.00	9:39	4:49	13		153	3:37
Runde	2.00	9:15	4:37	5	0:45	202	3:18	4.00	18:54	4:43	13		356	6:55
Runde	2.00	9:23	4:41	5	0:48	212	3:28	6.00	28:17	4:42	13		355	10:23
Runde	2.00	9:28	4:44	4	0:48	201	3:33	8.00	37:45	4:43	13		354	13:56
Leichtathletikhaf	2.00	9:31	4:45	5	1:03	252	3:41	10.00	47:16	4:43	6	4:49	211	17:37