



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Stuhrmann, Karl-Heinz**

Club: Adler Langlauf Bottrop

Number: 1281

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:04:24

Speed: 9.32 km/h

Running performance: 6:26 min/km

Rank in course/Total: 663 (of 686)

Rank in course/Men: 529 (of 543)

Best time in course: 29:39

Rank in category: 103(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	12:47	6:23	101	5:12	528	6:45	2.00	12:47	6:23	83	5:12	446	6:45				
Runde	2.00	12:49	6:24	103	4:52	531	6:52	4.00	25:36	6:24	83	10:01	444	13:37				
Runde	2.00	13:00	6:30	104	4:53	531	7:05	6.00	38:36	6:26	83	14:54	443	20:42				
Runde	2.00	13:00	6:30	103	4:56	531	7:05	8.00	51:36	6:27	83	19:50	442	27:47				
Leichtathletikhäl	2.00	12:48	6:24	103	4:53	523	6:58	10.00	1:04:24	6:26	103	24:43	529	34:45				