



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Clauß, Jörg

Club: Erfurt

Number: 1194

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:28

Speed: 12.13 km/h

Running performance: 4:57 min/km

Rank in course/Total: 315 (of 686)

Rank in course/Men: 284 (of 543)

Best time in course: 29:39

Rank in category: 46(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.	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	11:27	5:43	80	3:52	433	5:25	2.00	11:27	5:43	85	3:52	243	5:25
Runde	2.00	9:55	4:57	51	1:58	316	3:58	4.00	21:22	5:20	85	5:47	334	9:23
Runde	2.00	9:31	4:45	31	1:24	232	3:36	6.00	30:53	5:08	85	7:11	447	12:59
Runde	2.00	9:32	4:46	28	1:28	211	3:37	8.00	40:25	5:03	85	8:39	446	16:36
Leichtathletikhäl	2.00	9:03	4:31	17	1:08	175	3:13	10.00	49:28	4:56	46	9:47	284	19:49