



# 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.	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	