



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoose, Karl-Georg

Club: Stadtwerke Erfurt

Number: 1121

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:24

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 351 (of 686)

Rank in course/Men: 316 (of 543)

Best time in course: 29:39

Rank in category: 53(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	10:28	5:14	56	2:53	325	4:26	2.00	10:28	5:14	46	2:53	280	4:26
Runde	2.00	9:50	4:55	48	1:53	303	3:53	4.00	20:18	5:04	86	4:43	229	8:19
Runde	2.00	9:59	4:59	49	1:52	306	4:04	6.00	30:17	5:02	86	6:35	299	12:23
Runde	2.00	10:08	5:03	55	2:04	316	4:13	8.00	40:25	5:03	85	8:39	446	16:36
Leichtathletikhall	2.00	9:59	4:59	56	2:04	328	4:09	10.00	50:24	5:02	53	10:43	316	20:45