



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Krause, Konstantin**

Club: Erfurt  
Number: 1361

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M40 (40-49 Jahre)

Total time: 54:44

Speed: 10.96 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 516 (of 686)

Rank in course/Men: 441 (of 543)

Best time in course: 29:39

Rank in category: 146(of 178)

Best time in the category: 37:27

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	11:28	5:44	146	4:17	437	5:26	2.00	11:28	5:44	85	3:29	239	5:26
Runde	2.00	11:01	5:30	159	3:41	473	5:04	4.00	22:29	5:37	153	5:13	411	10:30
Runde	2.00	10:58	5:29	146	3:23	440	5:03	6.00	33:27	5:34	152	11:21	461	15:33
Runde	2.00	11:11	5:35	146	3:26	444	5:16	8.00	44:38	5:34	151	14:47	460	20:49
Leichtathletikh	2.00	10:06	5:02	118	2:38	348	4:16	10.00	54:44	5:28	146	17:17	441	25:05