



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kranße, Raimund

Club: LV- Einheit Greiz

Number: 941

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 45:39

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 178 (of 686)

Rank in course/Men: 163 (of 543)

Best time in course: 29:39

Rank in category: 1(of 8)

Best time in the category: 45:39

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	8:45	4:22	1	-	104	2:43	2.00	8:45	4:22	7	-	69	2:43
Runde	2.00	8:54	4:27	1	-	155	2:57	4.00	17:39	4:24	7	-	93	5:40
Runde	2.00	9:06	4:32	1	-	152	3:11	6.00	26:45	4:27	7	-	495	8:51
Runde	2.00	9:25	4:42	1	-	192	3:30	8.00	36:10	4:31	7	-	494	12:21
Leichtathletikhäl	2.00	9:29	4:44	1	-	244	3:39	10.00	45:39	4:33	1	-	163	16:00