



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Metz, Klaus-Peter

Club: Weißensee

Number: 1066

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:44

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 364 (of 686)

Rank in course/Men: 325 (of 543)

Best time in course: 29:39

Rank in category: 58(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	10:49	5:24	66	3:14	364	4:47	2.00	10:49	5:24	95	3:14	499	4:47
Runde	2.00	9:57	4:58	54	2:00	325	4:00	4.00	20:46	5:11	95	5:11	497	8:47
Runde	2.00	9:51	4:55	45	1:44	294	3:56	6.00	30:37	5:06	95	6:55	496	12:43
Runde	2.00	10:05	5:02	51	2:01	307	4:10	8.00	40:42	5:05	95	8:56	206	16:53
Leichtathletikhaf	2.00	10:02	5:00	59	2:07	338	4:12	10.00	50:44	5:04	58	11:03	325	21:05