



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Klie, Ole

Club: Erfurt
Number: 812

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 41:43

Speed: 14.38 km/h
Running performance: 4:10 min/km

Rank in course/Total: 62 (of 686)

Rank in course/Men: 56 (of 543)

Best time in course: 29:39

Rank in category: 21(of 136)

Best time in the category: 32:18

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	8:08	4:03	18	1:43	67	2:06	2.00	8:08	4:03	18	1:43	51	2:06
Runde	2.00	8:21	4:10	24	1:49	68	2:24	4.00	16:29	4:07	17	3:32	50	4:30
Runde	2.00	8:25	4:12	22	1:45	62	2:30	6.00	24:54	4:08	17	5:17	49	7:00
Runde	2.00	8:34	4:16	25	2:06	68	2:39	8.00	33:28	4:11	17	7:23	48	9:39
Leichtathletikh	2.00	8:15	4:07	22	2:02	64	2:25	10.00	41:43	4:10	21	9:25	56	12:04