



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Eisenacher, Klaus

Club: Hainichläufer Mühlhausen

Number: 1323

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 44:46

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 138 (of 686)

Rank in course/Men: 128 (of 543)

Best time in course: 29:39

Rank in category: 14(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	8:45	4:22	16	1:10	104	2:43	2.00	8:45	4:22	13	1:10	69	2:43
Runde	2.00	8:54	4:27	20	0:57	155	2:57	4.00	17:39	4:24	13	2:04	93	5:40
Runde	2.00	8:58	4:29	14	0:51	131	3:03	6.00	26:37	4:26	13	2:55	92	8:43
Runde	2.00	9:10	4:34	16	1:06	147	3:15	8.00	35:47	4:28	13	4:01	91	11:58
Leichtathletikhaf	2.00	8:59	4:29	16	1:04	165	3:09	10.00	44:46	4:28	14	5:05	128	15:07