



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kraushaar, Torsten

Club: ANNA KRAM e.V.

Number: 839

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:52

Speed: 13.68 km/h

Running performance: 4:23 min/km

Rank in course/Total: 118 (of 686)

Rank in course/Men: 109 (of 543)

Best time in course: 29:39

Rank in category: 35(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:57	4:28	43	1:46	137	2:55	2.00	8:57	4:28	36	0:58	110	2:55
Runde	2.00	8:34	4:16	28	1:14	95	2:37	4.00	17:31	4:22	36	0:15	109	5:32
Runde	2.00	8:41	4:20	30	1:06	98	2:46	6.00	26:12	4:21	17	4:06	64	8:18
Runde	2.00	8:56	4:28	38	1:11	111	3:01	8.00	35:08	4:23	34	5:17	107	11:19
Leichtathletikhall	2.00	8:44	4:21	44	1:16	124	2:54	10.00	43:52	4:23	35	6:25	109	14:13