



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

Fritzwanker, Klaus

Club: Weimar

Number: 1183

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:59

Speed: 12.77 km/h

Running performance: 4:42 min/km

Rank in course/Total: 218 (of 686)

Rank in course/Men: 200 (of 543)

Best time in course: 29:39

Rank in category: 25(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:42	4:20	15	1:07	100	2:40	2.00	8:42	4:20	19	1:07	116	2:40
Runde	2.00	9:21	4:40	27	1:24	221	3:24	4.00	18:03	4:30	19	2:28	111	6:04
Runde	2.00	9:42	4:50	39	1:35	260	3:47	6.00	27:45	4:37	19	4:03	154	9:51
Runde	2.00	9:39	4:49	34	1:35	235	3:44	8.00	37:24	4:40	19	5:38	153	13:35
Leichtathletikhaf	2.00	9:35	4:47	41	1:40	264	3:45	10.00	46:59	4:41	25	7:18	200	17:20