



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Krone, Holger

Club: Erfurt

Number: 1243

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:43

Speed: 12.57 km/h

Running performance: 4:46 min/km

Rank in course/Total: 246 (of 686)

Rank in course/Men: 225 (of 543)

Best time in course: 29:39

Rank in category: 77(of 178)

Best time in the category: 37:27

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	11:04	5:31	132	3:53	405	5:02	2.00	11:04	5:31	68	3:05	183	5:02
Runde	2.00	9:40	4:49	96	2:20	279	3:43	4.00	20:44	5:11	68	3:28	182	8:45
Runde	2.00	9:16	4:38	65	1:41	185	3:21	6.00	30:00	5:00	67	7:54	181	12:06
Runde	2.00	9:01	4:30	42	1:16	122	3:06	8.00	39:01	4:52	66	9:10	180	15:12
Leichtathletikhaf	2.00	8:42	4:20	40	1:14	117	2:52	10.00	47:43	4:46	77	10:16	225	18:04