



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kranz, Horst

Club: Sondershausen

Number: 1471

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:56

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 328 (of 686)

Rank in course/Men: 297 (of 543)

Best time in course: 29:39

Rank in category: 49(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Total ranking		
	km	Time			min/km	Cat.						Men	Men	Pos
Runde	2.00	9:35	4:47	28	2:00	199	3:33	2.00	9:35	4:47	25	2:00	202	3:33
Runde	2.00	9:55	4:57	51	1:58	316	3:58	4.00	19:30	4:52	25	3:55	201	7:31
Runde	2.00	10:04	5:01	53	1:57	318	4:09	6.00	29:34	4:55	25	5:52	195	11:40
Runde	2.00	10:16	5:08	64	2:12	341	4:21	8.00	39:50	4:58	25	8:04	199	16:01
Leichtathletikh	2.00	10:06	5:02	63	2:11	348	4:16	10.00	49:56	4:59	49	10:15	297	20:17