



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kässner, Andreas

Club: ILA Erfurt

Number: 1472

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:55

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 327 (of 686)

Rank in course/Men: 296 (of 543)

Best time in course: 29:39

Rank in category: 48(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:01	5:00	42	2:26	263	3:59	2.00	10:01	5:00	28	2:26	212	3:59
Runde	2.00	9:59	4:59	60	2:02	333	4:02	4.00	20:00	5:00	28	4:25	210	8:01
Runde	2.00	10:05	5:02	54	1:58	321	4:10	6.00	30:05	5:00	28	6:23	209	12:11
Runde	2.00	10:03	5:01	48	1:59	302	4:08	8.00	40:08	5:00	28	8:22	208	16:19
Leichtathletikhaf	2.00	9:47	4:53	47	1:52	290	3:57	10.00	49:55	4:59	48	10:14	296	20:16