



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kriening, Henry

Club: Riesa

Number: 1096

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:20

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 461 (of 686)

Rank in course/Men: 403 (of 543)

Best time in course: 29:39

Rank in category: 77(of 107)

Best time in the category: 39:41

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	11:37	5:48	85	4:02	458	5:35	2.00	11:37	5:48	41	4:02	262	5:35
Runde	2.00	10:26	5:13	74	2:29	412	4:29	4.00	22:03	5:30	41	6:28	260	10:04
Runde	2.00	10:34	5:16	76	2:27	405	4:39	6.00	32:37	5:26	41	8:55	259	14:43
Runde	2.00	10:34	5:16	73	2:30	385	4:39	8.00	43:11	5:23	41	11:25	258	19:22
Leichtathletikhall	2.00	10:09	5:04	66	2:14	358	4:19	10.00	53:20	5:20	77	13:39	403	23:41