



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Samtleben, Klaus

Club: Siemens-Laufgruppe

Number: 1401

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:06

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 295 (of 686)

Rank in course/Men: 268 (of 543)

Best time in course: 29:39

Rank in category: 41(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	9:48	4:54	37	2:13	234	3:46	2.00	9:48	4:54	53	2:13	161	3:46
Runde	2.00	9:29	4:44	35	1:32	248	3:32	4.00	19:17	4:49	53	3:42	307	7:18
Runde	2.00	9:45	4:52	41	1:38	267	3:50	6.00	29:02	4:50	53	5:20	306	11:08
Runde	2.00	10:02	5:00	47	1:58	299	4:07	8.00	39:04	4:53	53	7:18	305	15:15
Leichtathletikhaf	2.00	10:02	5:00	59	2:07	338	4:12	10.00	49:06	4:54	41	9:25	268	19:27