



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Claus, Andreas

Club: Wir tun es LAUFEND

Number: 1134

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:19

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 500 (of 686)

Rank in course/Men: 432 (of 543)

Best time in course: 29:39

Rank in category: 144(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.	Pos Men	Behind Men	Stage score		Total ranking				
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:55	5:57	168	4:44	494	5:53	2.00	11:55	5:57	116	3:56	330	5:53
Runde	2.00	10:47	5:23	152	3:27	457	4:50	4.00	22:42	5:40	119	5:26	340	10:43
Runde	2.00	10:40	5:19	139	3:05	412	4:45	6.00	33:22	5:33	118	11:16	339	15:28
Runde	2.00	10:40	5:19	134	2:55	401	4:45	8.00	44:02	5:30	117	14:11	338	20:13
Leichtathletikh	2.00	10:17	5:08	124	2:49	374	4:27	10.00	54:19	5:25	144	16:52	432	24:40