



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kürsten, Klaus-Dieter

Club: Erfurt
Number: 1453

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 56:14

Speed: 10.67 km/h
Running performance: 5:37 min/km

Rank in course/Total: 550 (of 686)

Rank in course/Men: 466 (of 543)

Best time in course: 29:39

Rank in category: 88(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:55	5:57	93	4:20	494	5:53	2.00	11:55	5:57	69	4:20	330	5:53
Runde	2.00	10:56	5:28	86	2:59	466	4:59	4.00	22:51	5:42	69	7:16	382	10:52
Runde	2.00	10:59	5:29	86	2:52	444	5:04	6.00	33:50	5:38	69	10:08	381	15:56
Runde	2.00	11:13	5:36	87	3:09	447	5:18	8.00	45:03	5:37	69	13:17	380	21:14
Leichtathletikhäl	2.00	11:11	5:35	91	3:16	462	5:21	10.00	56:14	5:37	88	16:33	466	26:35