



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kunze, Dietmar

Club: Tabarz

Number: 1252

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:27

Speed: 11.89 km/h

Running performance: 5:02 min/km

Rank in course/Total: 354 (of 686)

Rank in course/Men: 319 (of 543)

Best time in course: 29:39

Rank in category: 54(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	10:35	5:17	61	3:00	346	4:33	2.00	10:35	5:17	79	3:00	157	4:33
Runde	2.00	9:57	4:58	54	2:00	325	4:00	4.00	20:32	5:08	79	4:57	282	8:33
Runde	2.00	10:01	5:00	51	1:54	311	4:06	6.00	30:33	5:05	79	6:51	256	12:39
Runde	2.00	10:08	5:03	55	2:04	316	4:13	8.00	40:41	5:05	32	8:55	224	16:52
Leichtathletikhall	2.00	9:46	4:53	46	1:51	284	3:56	10.00	50:27	5:02	54	10:46	319	20:48