



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Richter, Konrad

Club: GutsMuths-RSLV

Number: 1382

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:23

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 504 (of 686)

Rank in course/Men: 435 (of 543)

Best time in course: 29:39

Rank in category: 18(of 25)

Best time in the category: 42:27

Intermediate times

Stage score

Total ranking

Control	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	10:59	5:29	17	2:46	385	4:57	2.00	10:59	5:29	4		421	4:57
Runde	2.00	11:05	5:32	20	2:35	479	5:08	4.00	22:04	5:30	4		234	10:05
Runde	2.00	11:02	5:30	19	2:27	448	5:07	6.00	33:06	5:30	4		445	15:12
Runde	2.00	10:47	5:23	16	2:07	418	4:52	8.00	43:53	5:29	4		444	20:04
Leichtathletikhalle	2.00	10:30	5:15	15	2:02	408	4:40	10.00	54:23	5:26	18	11:56	435	24:44