



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ellenberg, Horst

Club: Gotha

Number: 1347

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 1:39:36

Speed: 6.02 km/h

Running performance: 9:58 min/km

Rank in course/Total: 674 (of 686)

Rank in course/Men: 535 (of 543)

Best time in course: 29:39

Rank in category: 8(of 8)

Best time in the category: 45:39

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	17:32	8:46	8	8:47	543	11:30	2.00	17:32	8:46	8	7:24	542	11:30
Runde	2.00	19:45	9:52	8	10:51	541	13:48	4.00	37:17	9:19	8	17:00	540	25:18
Runde	2.00	20:40	10:20	8	11:34	540	14:45	6.00	57:57	9:39	8	27:12	539	40:03
Runde	2.00	20:28	10:13	8	11:03	539	14:33	8.00	1:18:25	9:48	8	36:50	538	54:36
Leichtathletikh	2.00	21:11	10:35	8	11:42	534	15:21	10.00	1:39:36	9:57	8	53:57	535	1:09:57