



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Protze, Rolf

Club: WSV Schmiedefeld

Number: 642

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M60 (60-69 Jahre)

Total time: 21:55

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 267 (of 477)

Rank in course/Men: 207 (of 315)

Best time in course: 12:17

Rank in category: 7(of 11)

Best time in the category: 16:51

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Runde | 2.00 | 11:10 | 5:34 | 7 | 2:39 | 214 | 5:10 | 2.00 | 11:10 | 5:34 | 11 | 2:06 | 301 | 5:10 |
| Leichtathletikhalle | 2.00 | 10:45 | 5:22 | 7 | 2:25 | 204 | 4:31 | 4.00 | 21:55 | 5:28 | 7 | 5:04 | 207 | 9:38 |