



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Merten, Wolfgang

Club: Erfurt
Number: 1145

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M60 (60-69 Jahre)

Total time: 49:01

Speed: 12.24 km/h
Running performance: 4:54 min/km

Rank in course/Total: 293 (of 686)

Rank in course/Men: 266 (of 543)

Best time in course: 29:39

Rank in category: 8(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:08	5:03	11	1:55	278	4:06	2.00	10:08	5:03	21		207	4:06	
Runde	2.00	9:36	4:47	8	1:06	265	3:39	4.00	19:44	4:56	21		211	7:45	
Runde	2.00	9:37	4:48	7	1:02	247	3:42	6.00	29:21	4:53	21		210	11:27	
Runde	2.00	9:47	4:53	8	1:07	255	3:52	8.00	39:08	4:53	21		190	15:19	
Leichtathletikhaf	2.00	9:53	4:56	9	1:25	313	4:03	10.00	49:01	4:54	8	6:34	266	19:22	