



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen

Number: 1249

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 51:29

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 398 (of 686)

Rank in course/Men: 350 (of 543)

Best time in course: 29:39

Rank in category: 2(of 8)

Best time in the category: 45:39

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | | Total ranking | | | | | |
|-------------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|--|
| | 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 | 9:54 | 4:57 | 2 | 1:09 | 247 | 3:52 | 2.00 | 9:54 | 4:57 | 2 | | 259 | 3:52 | |
| Runde | 2.00 | 10:14 | 5:06 | 3 | 1:20 | 378 | 4:17 | 4.00 | 20:08 | 5:01 | 2 | | 257 | 8:09 | |
| Runde | 2.00 | 10:25 | 5:12 | 2 | 1:19 | 380 | 4:30 | 6.00 | 30:33 | 5:05 | 2 | | 256 | 12:39 | |
| Runde | 2.00 | 10:28 | 5:14 | 2 | 1:03 | 366 | 4:33 | 8.00 | 41:01 | 5:07 | 2 | | 255 | 17:12 | |
| Leichtathletikhah | 2.00 | 10:28 | 5:14 | 3 | 0:59 | 404 | 4:38 | 10.00 | 51:29 | 5:08 | 2 | 5:50 | 350 | 21:50 | |