



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

keppler, bernd

Club: team1434

Number: 1460

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 51:54

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 411 (of 686)

Rank in course/Men: 362 (of 543)

Best time in course: 29:39

Rank in category: 13(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	10:27	5:13	15	2:14	320	4:25	2.00	10:27	5:13	18		192	4:25
Runde	2.00	10:09	5:04	11	1:39	363	4:12	4.00	20:36	5:09	18		263	8:37
Runde	2.00	10:14	5:06	11	1:39	349	4:19	6.00	30:50	5:08	18		262	12:56
Runde	2.00	10:32	5:15	13	1:52	376	4:37	8.00	41:22	5:10	18		261	17:33
Leichtathletikhalle	2.00	10:32	5:15	16	2:04	411	4:42	10.00	51:54	5:11	13	9:27	362	22:15