



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Goetz, Helmut**

Club: SC Impuls

Number: 1055

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 57:19

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 577 (of 686)

Rank in course/Men: 483 (of 543)

Best time in course: 29:39

Rank in category: 4(of 8)

Best time in the category: 45:39

### Intermediate times

### Stage score

### Total ranking

| Control         | Split |       | Pos  | Behind | Pos  |     | Total | Total | Total | Pos  | Behind | Pos   | Behind |       |
|-----------------|-------|-------|------|--------|------|-----|-------|-------|-------|------|--------|-------|--------|-------|
|                 | km    | Time  |      |        | Men  | Men |       |       |       |      |        |       |        | km    |
| Runde           | 2.00  | 11:23 | 5:41 | 4      | 2:38 | 425 | 5:21  | 2.00  | 11:23 | 5:41 | 3      | 1:15  | 305    | 5:21  |
| Runde           | 2.00  | 11:08 | 5:33 | 5      | 2:14 | 485 | 5:11  | 4.00  | 22:31 | 5:37 | 3      | 2:14  | 328    | 10:32 |
| Runde           | 2.00  | 11:20 | 5:40 | 4      | 2:14 | 477 | 5:25  | 6.00  | 33:51 | 5:38 | 3      | 3:06  | 335    | 15:57 |
| Runde           | 2.00  | 11:42 | 5:50 | 5      | 2:17 | 482 | 5:47  | 8.00  | 45:33 | 5:41 | 3      | 3:58  | 321    | 21:44 |
| Leichtathletikh | 2.00  | 11:46 | 5:53 | 5      | 2:17 | 499 | 5:56  | 10.00 | 57:19 | 5:43 | 4      | 11:40 | 483    | 27:40 |