



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Baumann, Manfred

Club: Erfurt
Number: 1105

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M70 (70 und älter Jahre)

Total time: 1:03:17

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 657 (of 686)

Rank in course/Men: 526 (of 543)

Best time in course: 29:39

Rank in category: 7(of 8)

Best time in the category: 45:39

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	12:25	6:12	7	3:40	517	6:23	2.00	12:25	6:12	6	2:17	326	6:23
Runde	2.00	12:20	6:10	7	3:26	528	6:23	4.00	24:45	6:11	6	4:28	430	12:46
Runde	2.00	12:43	6:21	7	3:37	527	6:48	6.00	37:28	6:14	6	6:43	430	19:34
Runde	2.00	13:00	6:30	7	3:35	531	7:05	8.00	50:28	6:18	6	8:53	429	26:39
Leichtathletikh	2.00	12:49	6:24	6	3:20	525	6:59	10.00	1:03:17	6:19	7	17:38	526	33:38