



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schulz, Hartmut

Club: DreamTeam Ilmenau

Number: 1321

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 53:22

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 464 (of 686)

Rank in course/Men: 404 (of 543)

Best time in course: 29:39

Rank in category: 15(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:21	5:10	13	2:08	308	4:19	2.00	10:21	5:10	5			205	4:19
Runde	2.00	10:23	5:11	15	1:53	406	4:26	4.00	20:44	5:11	5			182	8:45
Runde	2.00	10:42	5:20	16	2:07	415	4:47	6.00	31:26	5:14	5			441	13:32
Runde	2.00	10:55	5:27	17	2:15	424	5:00	8.00	42:21	5:17	5			289	18:32
Leichtathletikhall	2.00	11:01	5:30	19	2:33	450	5:11	10.00	53:22	5:20	15	10:55		404	23:43