



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Melchert, Volkmar

Club: Martinroda

Number: 1099

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 46:57

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 217 (of 686)

Rank in course/Men: 198 (of 543)

Best time in course: 29:39

Rank in category: 4(of 25)

Best time in the category: 42:27

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	9:44	4:51	7	1:31	218	3:42	2.00	9:44	4:51	3		121	3:42	
Runde	2.00	9:09	4:34	4	0:39	190	3:12	4.00	18:53	4:43	3		525	6:54	
Runde	2.00	9:15	4:37	3	0:40	182	3:20	6.00	28:08	4:41	3		524	10:14	
Runde	2.00	9:25	4:42	3	0:45	192	3:30	8.00	37:33	4:41	3		523	13:44	
Leichtathletikhäl	2.00	9:24	4:42	4	0:56	234	3:34	10.00	46:57	4:41	4	4:30	198	17:18	