



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 | |
| Leichtathletikhall | 2.00 | 9:24 | 4:42 | 4 | 0:56 | 234 | 3:34 | 10.00 | 46:57 | 4:41 | 4 | 4:30 | 198 | 17:18 | |