



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bartholome, Frank

Club: Elgersburg

Number: 1230

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 57:10

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 572 (of 686)

Rank in course/Men: 479 (of 543)

Best time in course: 29:39

Rank in category: 20(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	11:57	5:58	19	3:44	499	5:55	2.00	11:57	5:58	2	0:01	281	5:55
Runde	2.00	11:29	5:44	21	2:59	500	5:32	4.00	23:26	5:51	2	0:39	325	11:27
Runde	2.00	11:12	5:35	20	2:37	466	5:17	6.00	34:38	5:46	2	1:02	363	16:44
Runde	2.00	11:20	5:40	20	2:40	459	5:25	8.00	45:58	5:44	2	1:27	531	22:09
Leichtathletikhäl	2.00	11:12	5:35	20	2:44	466	5:22	10.00	57:10	5:43	20	14:43	479	27:31