



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Senf, Wolf-Dieter

Club: LTV Erfurt

Number: 128

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M60 (60-69 Jahre)

Total time: 25:35

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 425 (of 477)

Rank in course/Men: 296 (of 315)

Best time in course: 12:17

Rank in category: 11(of 11)

Best time in the category: 16:51

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	13:04	6:31	11	4:33	301	7:04	2.00	13:04	6:31	6	4:00	187	7:04
Leichtathletikhalle	2.00	12:31	6:15	11	4:11	286	6:17	4.00	25:35	6:23	11	8:44	296	13:18