



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Mocke, Klaus-Dieter

Club: Blau-Weiß 72 Oldisleben

Number: 509

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M60 (60-69 Jahre)

Total time: 24:22

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 392 (of 477)

Rank in course/Men: 280 (of 315)

Best time in course: 12:17

Rank in category: 10(of 11)

Best time in the category: 16:51

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	12:06	6:02	9	3:35	258	6:06	2.00	12:06	6:02	7	3:02	191	6:06
Leichtathletikhalle	2.00	12:16	6:08	10	3:56	282	6:02	4.00	24:22	6:05	10	7:31	280	12:05