



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Protze, Rolf

Club: WSV Schmiedefeld

Number: 642

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M60 (60-69 Jahre)

Total time: 21:55

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 267 (of 477)

Rank in course/Men: 207 (of 315)

Best time in course: 12:17

Rank in category: 7(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	11:10	5:34	7	2:39	214	5:10	2.00	11:10	5:34	11	2:06	301	5:10
Leichtathletikh	2.00	10:45	5:22	7	2:25	204	4:31	4.00	21:55	5:28	7	5:04	207	9:38