



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Petzholdt, Wolfgang

Club: Erfurt
Number: 1336

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M60 (60-69 Jahre)

Total time: 45:32

Speed: 13.18 km/h
Running performance: 4:33 min/km

Rank in course/Total: 174 (of 686)

Rank in course/Men: 159 (of 543)

Best time in course: 29:39

Rank in category: 3(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	8:13	4:06	1	-	69	2:11	2.00	8:13	4:06	25		71	2:11	
Runde	2.00	8:50	4:25	2	0:20	138	2:53	4.00	17:03	4:15	25		97	5:04	
Runde	2.00	9:19	4:39	4	0:44	193	3:24	6.00	26:22	4:23	25		82	8:28	
Runde	2.00	9:32	4:46	5	0:52	211	3:37	8.00	35:54	4:29	25		137	12:05	
Leichtathletikhäl	2.00	9:38	4:48	6	1:10	272	3:48	10.00	45:32	4:33	3	3:05	159	15:53	