



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Labrenz, Wolfgaogng

Club: Blankenhain

Number: 919

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 44:58

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 149 (of 686)

Rank in course/Men: 138 (of 543)

Best time in course: 29:39

Rank in category: 2(of 25)

Best time in the category: 42:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:26	4:13	3	0:13	85	2:24	2.00	8:26	4:13	24		145	2:24
Runde	2.00	8:54	4:27	3	0:24	155	2:57	4.00	17:20	4:19	24		91	5:21
Runde	2.00	9:08	4:33	2	0:33	159	3:13	6.00	26:28	4:24	24		143	8:34
Runde	2.00	9:17	4:38	2	0:37	170	3:22	8.00	35:45	4:28	24		142	11:56
Leichtathletikhaf	2.00	9:13	4:36	3	0:45	203	3:23	10.00	44:58	4:29	2	2:31	138	15:19