



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Labrenz, Wolfgaong

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 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 |