



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ludwig, Hans-Eberhard

Club: Erfurt
Number: 1098

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M60 (60-69 Jahre)

Total time: 47:05

Speed: 12.74 km/h
Running performance: 4:43 min/km

Rank in course/Total: 223 (of 686)

Rank in course/Men: 205 (of 543)

Best time in course: 29:39

Rank in category: 5(of 25)

Best time in the category: 42:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:11	4:35	4	0:58	153	3:09	2.00	9:11	4:35	23		154	3:09
Runde	2.00	9:27	4:43	6	0:57	239	3:30	4.00	18:38	4:39	23		124	6:39
Runde	2.00	9:36	4:47	6	1:01	246	3:41	6.00	28:14	4:42	23		152	10:20
Runde	2.00	9:39	4:49	6	0:59	235	3:44	8.00	37:53	4:44	23		151	14:04
Leichtathletikhaf	2.00	9:12	4:35	2	0:44	198	3:22	10.00	47:05	4:42	5	4:38	205	17:26