



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Grafe, Viktor

Club: Jena

Number: 1195

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 48:22

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 270 (of 686)

Rank in course/Men: 246 (of 543)

Best time in course: 29:39

Rank in category: 7(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	9:14	4:36	5	1:01	159	3:12	2.00	9:14	4:36	22		126	3:12
Runde	2.00	9:34	4:46	7	1:04	263	3:37	4.00	18:48	4:42	22		186	6:49
Runde	2.00	9:47	4:53	9	1:12	275	3:52	6.00	28:35	4:45	22		185	10:41
Runde	2.00	9:58	4:59	9	1:18	284	4:03	8.00	38:33	4:49	22		184	14:44
Leichtathletikhaf	2.00	9:49	4:54	8	1:21	297	3:59	10.00	48:22	4:50	7	5:55	246	18:43