



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen

Number: 1249

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 51:29

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 398 (of 686)

Rank in course/Men: 350 (of 543)

Best time in course: 29:39

Rank in category: 2(of 8)

Best time in the category: 45:39

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	9:54	4:57	2	1:09	247	3:52	2.00	9:54	4:57	2		259	3:52	
Runde	2.00	10:14	5:06	3	1:20	378	4:17	4.00	20:08	5:01	2		257	8:09	
Runde	2.00	10:25	5:12	2	1:19	380	4:30	6.00	30:33	5:05	2		256	12:39	
Runde	2.00	10:28	5:14	2	1:03	366	4:33	8.00	41:01	5:07	2		255	17:12	
Leichtathletikhäl	2.00	10:28	5:14	3	0:59	404	4:38	10.00	51:29	5:08	2	5:50	350	21:50	