



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Grosser, Dietmar

Club: GMRLV

Number: 818

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 469 (of 686)

Rank in course/Men: 409 (of 543)

Best time in course: 29:39

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:03	5:01	10	1:50	267	4:01	2.00	10:03	5:01	16		284	4:01
Runde	2.00	10:29	5:14	16	1:59	413	4:32	4.00	20:32	5:08	16		282	8:33
Runde	2.00	11:01	5:30	18	2:26	445	5:06	6.00	31:33	5:15	16		281	13:39
Runde	2.00	11:16	5:38	19	2:36	451	5:21	8.00	42:49	5:21	16		280	19:00
Leichtathletikhalle	2.00	10:45	5:22	18	2:17	424	4:55	10.00	53:34	5:21	16	11:07	409	23:55