



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Harnisch, Reiner

Club: Erfurt
Number: 820

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M60 (60-69 Jahre)

Total time: 55:13

Speed: 10.87 km/h
Running performance: 5:31 min/km

Rank in course/Total: 526 (of 686)

Rank in course/Men: 448 (of 543)

Best time in course: 29:39

Rank in category: 19(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	11:56	5:58	18	3:43	497	5:54	2.00	11:56	5:58	1	-	356	5:54
Runde	2.00	10:51	5:25	19	2:21	461	4:54	4.00	22:47	5:41	1	-	354	10:48
Runde	2.00	10:49	5:24	17	2:14	427	4:54	6.00	33:36	5:36	1	-	353	15:42
Runde	2.00	10:55	5:27	17	2:15	424	5:00	8.00	44:31	5:33	1	-	352	20:42
Leichtathletikh	2.00	10:42	5:20	17	2:14	421	4:52	10.00	55:13	5:31	19	12:46	448	25:34