



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Goll, Bernhard

Club: SV Klettbach

Number: 993

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 1:00:30

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 633 (of 686)

Rank in course/Men: 515 (of 543)

Best time in course: 29:39

Rank in category: 22(of 25)

Best time in the category: 42:27

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	12:16	6:08	23	4:03	511	6:14	2.00	12:16	6:08	12	0:20	383	6:14
Runde	2.00	11:59	5:59	24	3:29	523	6:02	4.00	24:15	6:03	12	1:28	381	12:16
Runde	2.00	12:15	6:07	24	3:40	520	6:20	6.00	36:30	6:04	12	2:54	380	18:36
Runde	2.00	12:16	6:08	22	3:36	514	6:21	8.00	48:46	6:05	12	4:15	379	24:57
Leichtathletikhah	2.00	11:44	5:51	21	3:16	497	5:54	10.00	1:00:30	6:02	22	18:03	515	30:51