



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jahn, Reiner

Club: Lauffüchse Erfurt

Number: 1025

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 1:00:55

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 641 (of 686)

Rank in course/Men: 518 (of 543)

Best time in course: 29:39

Rank in category: 23(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	12:00	6:00	21	3:47	505	5:58	2.00	12:00	6:00	11	0:04	392	5:58	
Runde	2.00	11:52	5:56	23	3:22	518	5:55	4.00	23:52	5:58	11	1:05	390	11:53	
Runde	2.00	12:10	6:04	23	3:35	518	6:15	6.00	36:02	6:00	11	2:26	389	18:08	
Runde	2.00	12:21	6:10	23	3:41	516	6:26	8.00	48:23	6:02	11	3:52	388	24:34	
Leichtathletikhalle	2.00	12:32	6:15	23	4:04	521	6:42	10.00	1:00:55	6:05	23	18:28	518	31:16	