



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Metz, Egon

Club: Spargelläufer Herbsleben

Number: 1624

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 58:36

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 600 (of 686)

Rank in course/Men: 498 (of 543)

Best time in course: 29:39

Rank in category: 21(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	12:02	6:00	22	3:49	507	6:00	2.00	12:02	6:00	9	0:06	418	6:00	
Runde	2.00	10:44	5:21	18	2:14	450	4:47	4.00	22:46	5:41	9		416	10:47	
Runde	2.00	11:26	5:43	21	2:51	485	5:31	6.00	34:12	5:42	9	0:36	283	16:18	
Runde	2.00	12:34	6:16	24	3:54	522	6:39	8.00	46:46	5:50	9	2:15	414	22:57	
Leichtathletikhall	2.00	11:50	5:55	22	3:22	504	6:00	10.00	58:36	5:51	21	16:09	498	28:57	