



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bäster, Manfred

Club: SC Impuls erfurt
Number: 1296

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 57:25

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 580 (of 686)

Rank in course/Men: 485 (of 543)

Best time in course: 29:39

Rank in category: 5(of 8)

Best time in the category: 45:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:54	5:57	6	3:09	493	5:52	2.00	11:54	5:57	5	1:46	419	5:52
Runde	2.00	11:05	5:32	4	2:11	479	5:08	4.00	22:59	5:44	5	2:42	417	11:00
Runde	2.00	11:20	5:40	4	2:14	477	5:25	6.00	34:19	5:43	5	3:34	416	16:25
Runde	2.00	11:37	5:48	4	2:12	477	5:42	8.00	45:56	5:44	5	4:21	349	22:07
Leichtathletikhaf	2.00	11:29	5:44	4	2:00	484	5:39	10.00	57:25	5:44	5	11:46	485	27:46