



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gerhardt, Lutz

Club: Erfurt

Number: 1268

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:00

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 486 (of 686)

Rank in course/Men: 420 (of 543)

Best time in course: 29:39

Rank in category: 17(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.	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	11:59	5:59	20	3:46	503	5:57	2.00	11:59	5:59	8	0:03	417	5:57
Runde	2.00	10:41	5:20	17	2:11	444	4:44	4.00	22:40	5:40	8		415	10:41
Runde	2.00	10:32	5:15	15	1:57	398	4:37	6.00	33:12	5:32	8		414	15:18
Runde	2.00	10:27	5:13	12	1:47	359	4:32	8.00	43:39	5:27	8		419	19:50
Leichtathletikhall	2.00	10:21	5:10	13	1:53	386	4:31	10.00	54:00	5:24	17	11:33	420	24:21