



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee

Number: 1308

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M60 (60-69 Jahre)

Total time: 51:44

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 407 (of 686)

Rank in course/Men: 358 (of 543)

Best time in course: 29:39

Rank in category: 12(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	10:01	5:00	9	1:48	263	3:59	2.00	10:01	5:00	6		212	3:59
Runde	2.00	10:10	5:04	12	1:40	368	4:13	4.00	20:11	5:02	6		242	8:12
Runde	2.00	10:28	5:14	14	1:53	385	4:33	6.00	30:39	5:06	6		423	12:45
Runde	2.00	10:45	5:22	15	2:05	411	4:50	8.00	41:24	5:10	6		422	17:35
Leichtathletikhaf	2.00	10:20	5:10	12	1:52	381	4:30	10.00	51:44	5:10	12	9:17	358	22:05