



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dahms, Marcel

Club: Erfurt-Kühnhausen

Number: 1357

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 54:10

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 493 (of 686)

Rank in course/Men: 427 (of 543)

Best time in course: 29:39

Rank in category: 55(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	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	10:33	5:16	50	4:31	339	4:31	2.00	10:33	5:16	19		217	4:31
Runde	2.00	10:48	5:24	58	4:51	458	4:51	4.00	21:21	5:20	24		505	9:22
Runde	2.00	11:06	5:32	59	5:11	458	5:11	6.00	32:27	5:24	24		233	14:33
Runde	2.00	11:04	5:31	56	5:09	437	5:09	8.00	43:31	5:26	24		260	19:42
Leichtathletikhal	2.00	10:39	5:19	52	4:49	417	4:49	10.00	54:10	5:24	55	24:31	427	24:31