



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Merschel, Dirk

Club: FSV 06 Ohratal

Number: 1029

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 43:14

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 104 (of 686)

Rank in course/Men: 95 (of 543)

Best time in course: 29:39

Rank in category: 22(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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:19	4:09	20	2:17	79	2:17	2.00	8:19	4:09	67		100	2:17
Runde	2.00	8:34	4:16	23	2:37	95	2:37	4.00	16:53	4:13	67		99	4:54
Runde	2.00	8:47	4:23	24	2:52	112	2:52	6.00	25:40	4:16	67		98	7:46
Runde	2.00	9:00	4:30	25	3:05	119	3:05	8.00	34:40	4:19	67		97	10:51
Leichtathletikhäl	2.00	8:34	4:16	21	2:44	98	2:44	10.00	43:14	4:19	22	13:35	95	13:35