



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dahl, Matthias

Club: Ermstedt

Number: 1148

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:16

Speed: 11.94 km/h

Running performance: 5:02 min/km

Rank in course/Total: 343 (of 686)

Rank in course/Men: 310 (of 543)

Best time in course: 29:39

Rank in category: 106(of 178)

Best time in the category: 37:27

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	11:39	5:49	156	4:28	460	5:37	2.00	11:39	5:49	74	3:40	195	5:37
Runde	2.00	10:06	5:02	118	2:46	351	4:09	4.00	21:45	5:26	74	4:29	194	9:46
Runde	2.00	9:40	4:49	90	2:05	256	3:45	6.00	31:25	5:14	73	9:19	193	13:31
Runde	2.00	9:39	4:49	81	1:54	235	3:44	8.00	41:04	5:08	72	11:13	192	17:15
Leichtathletikhäl	2.00	9:12	4:35	71	1:44	198	3:22	10.00	50:16	5:01	106	12:49	310	20:37