



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dahl, Johannes

Club: Ermstedt

Number: 1149

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 50:16

Speed: 11.94 km/h

Running performance: 5:02 min/km

Rank in course/Total: 344 (of 686)

Rank in course/Men: 310 (of 543)

Best time in course: 29:39

Rank in category: 14(of 20)

Best time in the category: 32:24

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	11:39	5:49	17	5:14	460	5:37	2.00	11:39	5:49	13		195	5:37
Runde	2.00	10:06	5:02	15	3:34	351	4:09	4.00	21:45	5:26	13		194	9:46
Runde	2.00	9:40	4:49	11	3:00	256	3:45	6.00	31:25	5:14	13		193	13:31
Runde	2.00	9:39	4:49	9	3:11	235	3:44	8.00	41:04	5:08	13		192	17:15
Leichtathletikhalle	2.00	9:12	4:35	7	2:53	198	3:22	10.00	50:16	5:01	14	17:52	310	20:37