



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

kallmeyer, dennis

Club: Dossenheim

Number: 1060

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:12

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 301 (of 686)

Rank in course/Men: 272 (of 543)

Best time in course: 29:39

Rank in category: 78(of 136)

Best time in the category: 32:18

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	9:25	4:42	52	3:00	181	3:23	2.00	9:25	4:42	72	3:00	270	3:23
Runde	2.00	9:15	4:37	60	2:43	202	3:18	4.00	18:40	4:40	71	5:43	268	6:41
Runde	2.00	10:03	5:01	91	3:23	316	4:08	6.00	28:43	4:47	71	9:06	267	10:49
Runde	2.00	10:23	5:11	98	3:55	352	4:28	8.00	39:06	4:53	71	13:01	266	15:17
Leichtathletikhaf	2.00	10:06	5:02	97	3:53	348	4:16	10.00	49:12	4:55	78	16:54	272	19:33