



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Albrecht, Dirk

Club: Worbis

Number: 1052

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:38

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 404 (of 686)

Rank in course/Men: 355 (of 543)

Best time in course: 29:39

Rank in category: 116(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	10:18	5:09	94	3:07	299	4:16	2.00	10:18	5:09	106	2:19	199	4:16
Runde	2.00	10:01	5:00	111	2:41	337	4:04	4.00	20:19	5:04	105	3:03	304	8:20
Runde	2.00	10:12	5:05	113	2:37	342	4:17	6.00	30:31	5:05	104	8:25	303	12:37
Runde	2.00	10:32	5:15	124	2:47	376	4:37	8.00	41:03	5:07	103	11:12	259	17:14
Leichtathletikhäl	2.00	10:35	5:17	139	3:07	413	4:45	10.00	51:38	5:09	116	14:11	355	21:59