



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dietz, Lars

Club: Weimar

Number: 810

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:33

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 556 (of 686)

Rank in course/Men: 469 (of 543)

Best time in course: 29:39

Rank in category: 156(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	11:42	5:50	158	4:31	465	5:40	2.00	11:42	5:50	114	3:43	328	5:40	
Runde	2.00	10:22	5:11	135	3:02	401	4:25	4.00	22:04	5:30	126	4:48	234	10:05	
Runde	2.00	11:29	5:44	162	3:54	487	5:34	6.00	33:33	5:35	112	11:27	325	15:39	
Runde	2.00	11:49	5:54	163	4:04	498	5:54	8.00	45:22	5:40	111	15:31	324	21:33	
Leichtathletikhaf	2.00	11:11	5:35	153	3:43	462	5:21	10.00	56:33	5:39	156	19:06	469	26:54	