



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Döring, Dirk

Club: Erfurt
Number: 1247

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 49:27

Speed: 12.13 km/h
Running performance: 4:56 min/km

Rank in course/Total: 314 (of 686)

Rank in course/Men: 283 (of 543)

Best time in course: 29:39

Rank in category: 97(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:41	5:20	112	3:30	354	4:39	2.00	10:41	5:20	146	2:42	206	4:39
Runde	2.00	9:24	4:42	80	2:04	230	3:27	4.00	20:05	5:01	145	2:49	434	8:06
Runde	2.00	9:38	4:48	88	2:03	251	3:43	6.00	29:43	4:57	144	7:37	433	11:49
Runde	2.00	9:56	4:58	98	2:11	277	4:01	8.00	39:39	4:57	143	9:48	432	15:50
Leichtathletikhah	2.00	9:48	4:54	105	2:20	294	3:58	10.00	49:27	4:56	97	12:00	283	19:48