



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Voigt, Dominik

Club: Erfurt
Number: 1147

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 46:13
Speed: 12.98 km/h
Running performance: 4:37 min/km
Rank in course/Total: 189 (of 686)
Rank in course/Men: 172 (of 543)
Best time in course: 29:39
Rank in category: 61(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	8:39	4:19	26	1:28	94	2:37	2.00	8:39	4:19	27	0:40	79	2:37
Runde	2.00	9:01	4:30	55	1:41	169	3:04	4.00	17:40	4:25	146	0:24	107	5:41
Runde	2.00	9:31	4:45	82	1:56	232	3:36	6.00	27:11	4:31	145	5:05	133	9:17
Runde	2.00	9:44	4:51	87	1:59	251	3:49	8.00	36:55	4:36	144	7:04	433	13:06
Leichtathletikhah	2.00	9:18	4:39	76	1:50	216	3:28	10.00	46:13	4:37	61	8:46	172	16:34