



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wegler, Dirk

Club: Erfurt

Number: 1330

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:50

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 521 (of 686)

Rank in course/Men: 444 (of 543)

Best time in course: 29:39

Rank in category: 147(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	10:27	5:13	102	3:16	320	4:25	2.00	10:27	5:13	152	2:28	192	4:25
Runde	2.00	10:41	5:20	148	3:21	444	4:44	4.00	21:08	5:16	82	3:52	228	9:09
Runde	2.00	11:04	5:31	149	3:29	450	5:09	6.00	32:12	5:22	150	10:06	448	14:18
Runde	2.00	11:23	5:41	152	3:38	462	5:28	8.00	43:35	5:26	149	13:44	447	19:46
Leichtathletikhah	2.00	11:15	5:37	156	3:47	469	5:25	10.00	54:50	5:29	147	17:23	444	25:11