



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dittmar, Jens

Club: Ilmtal

Number: 1187

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:04

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 419 (of 686)

Rank in course/Men: 368 (of 543)

Best time in course: 29:39

Rank in category: 103(of 136)

Best time in the category: 32:18

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	9:19	4:39	49	2:54	170	3:17	2.00	9:19	4:39	32	2:54	119	3:17	
Runde	2.00	10:15	5:07	108	3:43	385	4:18	4.00	19:34	4:53	112	6:37	453	7:35	
Runde	2.00	10:43	5:21	113	4:03	418	4:48	6.00	30:17	5:02	112	10:40	299	12:23	
Runde	2.00	11:04	5:31	115	4:36	437	5:09	8.00	41:21	5:10	112	15:16	453	17:32	
Leichtathletikhaf	2.00	10:43	5:21	113	4:30	422	4:53	10.00	52:04	5:12	103	19:46	368	22:25	