



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dembeck, Nils

Club: Bad Langensalza

Number: 1046

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:42

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 245 (of 686)

Rank in course/Men: 223 (of 543)

Best time in course: 29:39

Rank in category: 65(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:51	5:25	101	4:26	367	4:49	2.00	10:51	5:25	124	4:26	311	4:49
Runde	2.00	9:30	4:45	75	2:58	250	3:33	4.00	20:21	5:05	61	7:24	217	8:22
Runde	2.00	9:18	4:39	58	2:38	190	3:23	6.00	29:39	4:56	123	10:02	356	11:45
Runde	2.00	9:12	4:35	47	2:44	151	3:17	8.00	38:51	4:51	123	12:46	481	15:02
Leichtathletikhaf	2.00	8:51	4:25	45	2:38	142	3:01	10.00	47:42	4:46	65	15:24	223	18:03