



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weißhaar, Mario

Club: Erfurt
Number: 1007

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 54:02

Speed: 11.10 km/h
Running performance: 5:24 min/km

Rank in course/Total: 487 (of 686)

Rank in course/Men: 423 (of 543)

Best time in course: 29:39

Rank in category: 140(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. | 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 | 11:44 | 5:51 | 161 | 4:33 | 471 | 5:42 | 2.00 | 11:44 | 5:51 | 115 | 3:45 | 290 | 5:42 |
| Runde | 2.00 | 10:37 | 5:18 | 146 | 3:17 | 432 | 4:40 | 4.00 | 22:21 | 5:35 | 162 | 5:05 | 445 | 10:22 |
| Runde | 2.00 | 10:43 | 5:21 | 141 | 3:08 | 418 | 4:48 | 6.00 | 33:04 | 5:30 | 161 | 10:58 | 486 | 15:10 |
| Runde | 2.00 | 10:34 | 5:16 | 129 | 2:49 | 385 | 4:39 | 8.00 | 43:38 | 5:27 | 160 | 13:47 | 485 | 19:49 |
| Leichtathletikhäl | 2.00 | 10:24 | 5:12 | 129 | 2:56 | 392 | 4:34 | 10.00 | 54:02 | 5:24 | 140 | 16:35 | 423 | 24:23 |