



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
Leichtathletikhaf	2.00	10:24	5:12	129	2:56	392	4:34	10.00	54:02	5:24	140	16:35	423	24:23