



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Vernon, Daniel**

Club: Perth Western Australia

Number: 1180

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:09

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 103 (of 686)

Rank in course/Men: 92 (of 543)

Best time in course: 29:39

Rank in category: 26(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               | 9:28       | 4:44         | 60       | 2:17        | 184         | 3:26       | 2.00     | 9:28       | 4:44          | 29       | 1:29        | 95      | 3:26       |  |
| Runde             | 2.00               | 8:31       | 4:15         | 25       | 1:11        | 91          | 2:34       | 4.00     | 17:59      | 4:29          | 39       | 0:43        | 112     | 6:00       |  |
| Runde             | 2.00               | 8:26       | 4:13         | 16       | 0:51        | 64          | 2:31       | 6.00     | 26:25      | 4:24          | 167      | 4:19        | 514     | 8:31       |  |
| Runde             | 2.00               | 8:30       | 4:15         | 15       | 0:45        | 63          | 2:35       | 8.00     | 34:55      | 4:21          | 166      | 5:04        | 513     | 11:06      |  |
| Leichtathletikhah | 2.00               | 8:14       | 4:06         | 16       | 0:46        | 63          | 2:24       | 10.00    | 43:09      | 4:18          | 26       | 5:42        | 92      | 13:30      |  |