



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	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	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