



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dibelius, Ulrich

Club: Brown Nuggets

Number: 1409

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:04

Speed: 12.75 km/h

Running performance: 4:43 min/km

Rank in course/Total: 222 (of 686)

Rank in course/Men: 204 (of 543)

Best time in course: 29:39

Rank in category: 67(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	10:24	5:12	100	3:13	315	4:22	2.00	10:24	5:12	71	2:25	188	4:22				
Runde	2.00	9:24	4:42	80	2:04	230	3:27	4.00	19:48	4:57	170	2:32	518	7:49				
Runde	2.00	9:11	4:35	58	1:36	173	3:16	6.00	28:59	4:49	169	6:53	517	11:05				
Runde	2.00	9:14	4:36	57	1:29	161	3:19	8.00	38:13	4:46	168	8:22	516	14:24				
Leichtathletikhaf	2.00	8:51	4:25	51	1:23	142	3:01	10.00	47:04	4:42	67	9:37	204	17:25				