



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Beckmann, Dirk

Club: PSV Erfurt

Number: 45

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:42

Speed: 10.57 km/h

Running performance: 5:41 min/km

Rank in course/Total: 309 (of 477)

Rank in course/Men: 233 (of 315)

Best time in course: 12:17

Rank in category: 54(of 67)

Best time in the category: 13:52

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	10:55	5:27	38	4:08	195	4:55	2.00	10:55	5:27	55		117	4:55
Leichtathletikhäl	2.00	11:47	5:53	57	4:42	267	5:33	4.00	22:42	5:40	54	8:50	233	10:25