



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meier, Dietmar

Club: Erfurt

Number: 1338

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:36

Speed: 13.76 km/h

Running performance: 4:22 min/km

Rank in course/Total: 114 (of 686)

Rank in course/Men: 105 (of 543)

Best time in course: 29:39

Rank in category: 32(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		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:36	4:17	25	1:25	90	2:34	2.00	8:36	4:17	32	0:37	98	2:34	
Runde	2.00	8:27	4:13	20	1:07	80	2:30	4.00	17:03	4:15	32		97	5:04	
Runde	2.00	8:52	4:26	40	1:17	120	2:57	6.00	25:55	4:19	31	3:49	96	8:01	
Runde	2.00	8:58	4:29	40	1:13	115	3:03	8.00	34:53	4:21	30	5:02	84	11:04	
Leichtathletikhall	2.00	8:43	4:21	41	1:15	119	2:53	10.00	43:36	4:21	32	6:09	105	13:57	