



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nürnberger, Dirk

Club: SV Empor Bad Langensalza

Number: 952

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:04

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 120 (of 686)

Rank in course/Men: 111 (of 543)

Best time in course: 29:39

Rank in category: 36(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	9:03	4:31	46	1:52	146	3:01	2.00	9:03	4:31	35	1:04	104	3:01	
Runde	2.00	8:30	4:15	24	1:10	88	2:33	4.00	17:33	4:23	35	0:17	103	5:34	
Runde	2.00	8:43	4:21	32	1:08	103	2:48	6.00	26:16	4:22	34	4:10	102	8:22	
Runde	2.00	8:57	4:28	39	1:12	114	3:02	8.00	35:13	4:24	33	5:22	101	11:24	
Leichtathletikhalle	2.00	8:51	4:25	51	1:23	142	3:01	10.00	44:04	4:24	36	6:37	111	14:25	