



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Donder, Marko

Club: Sömmerda

Number: 1295

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:35

Speed: 13.46 km/h

Running performance: 4:28 min/km

Rank in course/Total: 135 (of 686)

Rank in course/Men: 125 (of 543)

Best time in course: 29:39

Rank in category: 42(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:02	4:30	45	1:51	144	3:00	2.00	9:02	4:30	37	1:03	111	3:00
Runde	2.00	8:46	4:23	42	1:26	126	2:49	4.00	17:48	4:27	24	0:32	83	5:49
Runde	2.00	8:49	4:24	38	1:14	114	2:54	6.00	26:37	4:26	36	4:31	92	8:43
Runde	2.00	9:02	4:30	44	1:17	124	3:07	8.00	35:39	4:27	35	5:48	108	11:50
Leichtathletikhalle	2.00	8:56	4:28	53	1:28	158	3:06	10.00	44:35	4:27	42	7:08	125	14:56