



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Marx, Dominik

Club: SC Eintracht Wendehausen e.V.

Number: 935

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:35

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 278 (of 686)

Rank in course/Men: 253 (of 543)

Best time in course: 29:39

Rank in category: 71(of 136)

Best time in the category: 32:18

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 | 10:18 | 5:09 | 81 | 3:53 | 299 | 4:16 | 2.00 | 10:18 | 5:09 | 57 | 3:53 | 199 | 4:16 |
| Runde | 2.00 | 9:28 | 4:44 | 74 | 2:56 | 244 | 3:31 | 4.00 | 19:46 | 4:56 | 56 | 6:49 | 198 | 7:47 |
| Runde | 2.00 | 9:37 | 4:48 | 71 | 2:57 | 247 | 3:42 | 6.00 | 29:23 | 4:53 | 56 | 9:46 | 192 | 11:29 |
| Runde | 2.00 | 9:42 | 4:50 | 72 | 3:14 | 246 | 3:47 | 8.00 | 39:05 | 4:53 | 56 | 13:00 | 196 | 15:16 |
| Leichtathletikhäl | 2.00 | 9:30 | 4:45 | 72 | 3:17 | 248 | 3:40 | 10.00 | 48:35 | 4:51 | 71 | 16:17 | 253 | 18:56 |