



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dressler, Marco

Club: Bruchstedt

Number: 1197

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:26

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 237 (of 686)

Rank in course/Men: 217 (of 543)

Best time in course: 29:39

Rank in category: 73(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:34	4:46	68	2:23	198	3:32	2.00	9:34	4:46	87	1:35	246	3:32
Runde	2.00	9:29	4:44	87	2:09	248	3:32	4.00	19:03	4:45	86	1:47	160	7:04
Runde	2.00	9:45	4:52	94	2:10	267	3:50	6.00	28:48	4:47	85	6:42	243	10:54
Runde	2.00	9:57	4:58	99	2:12	279	4:02	8.00	38:45	4:50	84	8:54	242	14:56
Leichtathletikhaf	2.00	8:41	4:20	39	1:13	116	2:51	10.00	47:26	4:44	73	9:59	217	17:47