



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 1083

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 51:59

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 414 (of 686)

Rank in course/Men: 365 (of 543)

Best time in course: 29:39

Rank in category: 3(of 8)

Best time in the category: 45:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	10:08	5:03	3	1:23	278	4:06	2.00	10:08	5:03	1	-	207	4:06
Runde	2.00	10:09	5:04	2	1:15	363	4:12	4.00	20:17	5:04	1	-	204	8:18
Runde	2.00	10:28	5:14	3	1:22	385	4:33	6.00	30:45	5:07	1	-	251	12:51
Runde	2.00	10:50	5:25	3	1:25	420	4:55	8.00	41:35	5:11	1	-	250	17:46
Leichtathletikhäl	2.00	10:24	5:12	2	0:55	392	4:34	10.00	51:59	5:11	3	6:20	365	22:20