



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gellert, Dirk

Club: Eintracht-Erfurt

Number: 1341

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:14

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 456 (of 686)

Rank in course/Men: 399 (of 543)

Best time in course: 29:39

Rank in category: 131(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	10:54	5:27	118	3:43	375	4:52	2.00	10:54	5:27	100	2:55	255	4:52
Runde	2.00	10:09	5:04	124	2:49	363	4:12	4.00	21:03	5:15	99	3:47	253	9:04
Runde	2.00	10:33	5:16	135	2:58	400	4:38	6.00	31:36	5:15	98	9:30	252	13:42
Runde	2.00	10:45	5:22	139	3:00	411	4:50	8.00	42:21	5:17	97	12:30	289	18:32
Leichtathletikh	2.00	10:53	5:26	144	3:25	437	5:03	10.00	53:14	5:19	131	15:47	399	23:35