



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Merten, Marco

Club: Erfurt
Number: 1208

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 57:16

Speed: 10.48 km/h
Running performance: 5:44 min/km

Rank in course/Total: 576 (of 686)

Rank in course/Men: 482 (of 543)

Best time in course: 29:39

Rank in category: 160(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Runde	2.00	12:14	6:06	173	5:03	510	6:12	2.00	12:14	6:06	113	4:15	327	6:12
Runde	2.00	11:12	5:35	165	3:52	487	5:15	4.00	23:26	5:51	112	6:10	325	11:27
Runde	2.00	11:17	5:38	155	3:42	470	5:22	6.00	34:43	5:47	111	12:37	324	16:49
Runde	2.00	11:22	5:41	151	3:37	461	5:27	8.00	46:05	5:45	110	16:14	323	22:16
Leichtathletikhall	2.00	11:11	5:35	153	3:43	462	5:21	10.00	57:16	5:43	160	19:49	482	27:37