



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dalbert, frank

Club: Erfurt
Number: 1302

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 1:00:09

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 626 (of 686)

Rank in course/Men: 512 (of 543)

Best time in course: 29:39

Rank in category: 170(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:40	5:49	157	4:29	463	5:38	2.00	11:40	5:49	131	3:41	378	5:38
Runde	2.00	11:41	5:50	173	4:21	508	5:44	4.00	23:21	5:50	130	6:05	376	11:22
Runde	2.00	12:52	6:26	176	5:17	529	6:57	6.00	36:13	6:02	129	14:07	375	18:19
Runde	2.00	12:28	6:14	173	4:43	520	6:33	8.00	48:41	6:05	128	18:50	374	24:52
Leichtathletikhall	2.00	11:28	5:44	158	4:00	481	5:38	10.00	1:00:09	6:00	170	22:42	512	30:30