



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lerche, Ronny

Club: Erfurt

Number: 1089

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:04:01

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 661 (of 686)

Rank in course/Men: 528 (of 543)

Best time in course: 29:39

Rank in category: 134(of 136)

Best time in the category: 32:18

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	13:29	6:44	134	7:04	538	7:27	2.00	13:29	6:44	109	7:04	435	7:27
Runde	2.00	13:16	6:38	134	6:44	537	7:19	4.00	26:45	6:41	108	13:48	433	14:46
Runde	2.00	13:03	6:31	134	6:23	533	7:08	6.00	39:48	6:37	108	20:11	432	21:54
Runde	2.00	12:46	6:23	133	6:18	526	6:51	8.00	52:34	6:34	108	26:29	431	28:45
Leichtathletikhall	2.00	11:27	5:43	125	5:14	479	5:37	10.00	1:04:01	6:24	134	31:43	528	34:22