



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dorna, Ronny

Club: Bad Klosterlausnitz

Number: 1431

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:18

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 345 (of 686)

Rank in course/Men: 312 (of 543)

Best time in course: 29:39

Rank in category: 89(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:25	5:12	87	4:00	318	4:23	2.00	10:25	5:12	117	4:00	467	4:23
Runde	2.00	9:51	4:55	93	3:19	307	3:54	4.00	20:16	5:03	116	7:19	465	8:17
Runde	2.00	10:01	5:00	90	3:21	311	4:06	6.00	30:17	5:02	112	10:40	299	12:23
Runde	2.00	10:06	5:02	89	3:38	313	4:11	8.00	40:23	5:02	116	14:18	207	16:34
Leichtathletikhall	2.00	9:55	4:57	90	3:42	316	4:05	10.00	50:18	5:01	89	18:00	312	20:39