



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Letsch, Patrick

Club: ASV Erfurt

Number: 1309

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 34:02

Speed: 17.63 km/h

Running performance: 3:24 min/km

Rank in course/Total: 5 (of 686)

Rank in course/Men: 5 (of 543)

Best time in course: 29:39

Rank in category: 2(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	6:43	3:21	2	0:18	4	0:41	2.00	6:43	3:21	3	0:18	6	0:41
Runde	2.00	6:53	3:26	2	0:21	7	0:56	4.00	13:36	3:23	2	0:39	5	1:37
Runde	2.00	6:55	3:27	2	0:15	5	1:00	6.00	20:31	3:25	2	0:54	5	2:37
Runde	2.00	7:00	3:30	2	0:32	7	1:05	8.00	27:31	3:26	2	1:26	5	3:42
Leichtathletikhall	2.00	6:31	3:15	2	0:18	6	0:41	10.00	34:02	3:24	2	1:44	5	4:23