



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Tümmler, Michael

Club: LVR Geiselhöring

Number: 983

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 34:48

Speed: 17.24 km/h

Running performance: 3:29 min/km

Rank in course/Total: 10 (of 686)

Rank in course/Men: 10 (of 543)

Best time in course: 29:39

Rank in category: 3(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	6:44	3:22	3	0:19	6	0:42	2.00	6:44	3:22	4	0:19	10	0:42
Runde	2.00	6:54	3:27	3	0:22	9	0:57	4.00	13:38	3:24	3	0:41	9	1:39
Runde	2.00	7:06	3:32	3	0:26	10	1:11	6.00	20:44	3:27	3	1:07	8	2:50
Runde	2.00	7:06	3:32	3	0:38	10	1:11	8.00	27:50	3:28	3	1:45	8	4:01
Leichtathletikhall	2.00	6:58	3:29	3	0:45	12	1:08	10.00	34:48	3:28	3	2:30	10	5:09