



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Dörfer, Thomas

Club: TSV 1880 Gera-Zwötzen

Number: 1607

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:11

Speed: 15.71 km/h

Running performance: 3:49 min/km

Rank in course/Total: 29 (of 686)

Rank in course/Men: 25 (of 543)

Best time in course: 29:39

Rank in category: 8(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	7:14	3:37	8	0:49	25	1:12	2.00	7:14	3:37	8	0:49	25	1:12
Runde	2.00	7:40	3:50	9	1:08	28	1:43	4.00	14:54	3:43	7	1:57	24	2:55
Runde	2.00	7:49	3:54	10	1:09	26	1:54	6.00	22:43	3:47	7	3:06	21	4:49
Runde	2.00	7:52	3:55	8	1:24	25	1:57	8.00	30:35	3:49	7	4:30	21	6:46
Leichtathletikhaf	2.00	7:36	3:47	8	1:23	24	1:46	10.00	38:11	3:49	8	5:53	25	8:32