



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Schleef, Ronny

Club: Baldur auf Tour

Number: 675

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:07

Speed: 13.92 km/h

Running performance: 4:19 min/km

Rank in course/Total: 99 (of 686)

Rank in course/Men: 90 (of 543)

Best time in course: 29:39

Rank in category: 24(of 178)

Best time in the category: 37:27

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	9:55	4:57	83	2:44	251	3:53	2.00	9:55	4:57	30	1:56	96	3:53
Runde	2.00	8:27	4:13	20	1:07	80	2:30	4.00	18:22	4:35	30	1:06	95	6:23
Runde	2.00	8:22	4:11	13	0:47	56	2:27	6.00	26:44	4:27	29	4:38	94	8:50
Runde	2.00	8:16	4:08	11	0:31	45	2:21	8.00	35:00	4:22	23	5:09	82	11:11
Leichtathletikhaf	2.00	8:07	4:03	11	0:39	52	2:17	10.00	43:07	4:18	24	5:40	90	13:28