



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kretschmer, Torsten

Club: Erfurt
Number: 1337

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 43:24

Speed: 13.82 km/h
Running performance: 4:20 min/km

Rank in course/Total: 109 (of 686)

Rank in course/Men: 100 (of 543)

Best time in course: 29:39

Rank in category: 30(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	8:36	4:17	25	2:11	90	2:34	2.00	8:36	4:17	30	2:11	98	2:34
Runde	2.00	8:27	4:13	27	1:55	80	2:30	4.00	17:03	4:15	29	4:06	97	5:04
Runde	2.00	8:52	4:26	35	2:12	120	2:57	6.00	25:55	4:19	29	6:18	96	8:01
Runde	2.00	8:58	4:29	33	2:30	115	3:03	8.00	34:53	4:21	29	8:48	84	11:04
Leichtathletikhall	2.00	8:31	4:15	31	2:18	90	2:41	10.00	43:24	4:20	30	11:06	100	13:45