



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Reichmuth, Ronny**

Club: Kromsdorf

Number: 1459

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:20

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 164 (of 686)

Rank in course/Men: 150 (of 543)

Best time in course: 29:39

Rank in category: 50(of 178)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:01	4:00	14	0:50	59	1:59	2.00	8:01	4:00	46	0:02	129	1:59
Runde	2.00	8:44	4:21	41	1:24	122	2:47	4.00	16:45	4:11	46		128	4:46
Runde	2.00	9:18	4:39	67	1:43	190	3:23	6.00	26:03	4:20	45	3:57	127	8:09
Runde	2.00	9:45	4:52	89	2:00	253	3:50	8.00	35:48	4:28	44	5:57	126	11:59
Leichtathletikhall	2.00	9:32	4:46	88	2:04	255	3:42	10.00	45:20	4:31	50	7:53	150	15:41