



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fritz, Thomas

Club: Leipzig

Number: 1609

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:05

Speed: 13.31 km/h

Running performance: 4:31 min/km

Rank in course/Total: 157 (of 686)

Rank in course/Men: 144 (of 543)

Best time in course: 29:39

Rank in category: 42(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	9:09	4:34	44	2:44	149	3:07	2.00	9:09	4:34	43	2:44	138	3:07
Runde	2.00	8:52	4:26	46	2:20	146	2:55	4.00	18:01	4:30	42	5:04	126	6:02
Runde	2.00	9:07	4:33	47	2:27	157	3:12	6.00	27:08	4:31	42	7:31	30	9:14
Runde	2.00	9:14	4:36	49	2:46	161	3:19	8.00	36:22	4:32	38	10:17	136	12:33
Leichtathletikhalle	2.00	8:43	4:21	36	2:30	119	2:53	10.00	45:05	4:30	42	12:47	144	15:26