



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Burkhardt, Rene

Club: TTZ Sponeta Erfurt

Number: 926

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:49

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 209 (of 686)

Rank in course/Men: 191 (of 543)

Best time in course: 29:39

Rank in category: 59(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	10:35	5:17	93	4:10	346	4:33	2.00	10:35	5:17	47	4:10	157	4:33
Runde	2.00	9:23	4:41	68	2:51	227	3:26	4.00	19:58	4:59	46	7:01	156	7:59
Runde	2.00	9:14	4:36	53	2:34	178	3:19	6.00	29:12	4:51	46	9:35	155	11:18
Runde	2.00	9:04	4:31	37	2:36	131	3:09	8.00	38:16	4:46	46	12:11	154	14:27
Leichtathletikhall	2.00	8:33	4:16	32	2:20	96	2:43	10.00	46:49	4:40	59	14:31	191	17:10