



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fernschild, Rene

Club: SSV07 Schlotheim

Number: 938

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:09

Speed: 13.00 km/h

Running performance: 4:37 min/km

Rank in course/Total: 188 (of 686)

Rank in course/Men: 171 (of 543)

Best time in course: 29:39

Rank in category: 49(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	9:31	4:45	56	3:06	191	3:29	2.00	9:31	4:45	51	3:06	172	3:29
Runde	2.00	9:20	4:40	65	2:48	216	3:23	4.00	18:51	4:42	50	5:54	171	6:52
Runde	2.00	8:59	4:29	43	2:19	134	3:04	6.00	27:50	4:38	50	8:13	170	9:56
Runde	2.00	9:11	4:35	46	2:43	149	3:16	8.00	37:01	4:37	50	10:56	169	13:12
Leichtathletikhall	2.00	9:08	4:33	57	2:55	188	3:18	10.00	46:09	4:36	49	13:51	171	16:30