



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ehrhardt, Ronny

Club: Herbsleben

Number: 1191

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:54

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 214 (of 686)

Rank in course/Men: 195 (of 543)

Best time in course: 29:39

Rank in category: 61(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	8:52	4:26	34	2:27	118	2:50	2.00	8:52	4:26	52	2:27	53	2:50
Runde	2.00	9:23	4:41	68	2:51	227	3:26	4.00	18:15	4:33	31	5:18	118	6:16
Runde	2.00	9:50	4:55	82	3:10	288	3:55	6.00	28:05	4:40	51	8:28	173	10:11
Runde	2.00	9:33	4:46	63	3:05	217	3:38	8.00	37:38	4:42	51	11:33	172	13:49
Leichtathletikhalle	2.00	9:16	4:38	61	3:03	210	3:26	10.00	46:54	4:41	61	14:36	195	17:15