



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Walther, Thomas

Club: Amt Wachsenburg

Number: 1378

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:34

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 439 (of 686)

Rank in course/Men: 384 (of 543)

Best time in course: 29:39

Rank in category: 108(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:20	5:10	84	3:55	305	4:18	2.00	10:20	5:10	58	3:55	201	4:18
Runde	2.00	10:14	5:06	105	3:42	378	4:17	4.00	20:34	5:08	69	7:37	218	8:35
Runde	2.00	10:44	5:21	115	4:04	421	4:49	6.00	31:18	5:13	69	11:41	254	13:24
Runde	2.00	10:42	5:20	109	4:14	403	4:47	8.00	42:00	5:15	69	15:55	253	18:11
Leichtathletikhall	2.00	10:34	5:16	108	4:21	412	4:44	10.00	52:34	5:15	108	20:16	384	22:55