



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Leitgebhel, Torsten

Club: Erfurt

Number: 1022

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:25

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 352 (of 686)

Rank in course/Men: 318 (of 543)

Best time in course: 29:39

Rank in category: 91(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	11:03	5:31	111	4:38	399	5:01	2.00	11:03	5:31	74	4:38	171	5:01
Runde	2.00	9:48	4:54	91	3:16	299	3:51	4.00	20:51	5:12	73	7:54	276	8:52
Runde	2.00	9:54	4:57	87	3:14	298	3:59	6.00	30:45	5:07	73	11:08	251	12:51
Runde	2.00	9:54	4:57	76	3:26	270	3:59	8.00	40:39	5:04	73	14:34	274	16:50
Leichtathletikhaf	2.00	9:46	4:53	81	3:33	284	3:56	10.00	50:25	5:02	91	18:07	318	20:46