



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gronenborn, Jens

Club: Erfurt
Number: 901

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 50:24

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 350 (of 686)

Rank in course/Men: 316 (of 543)

Best time in course: 29:39

Rank in category: 90(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 | 10:18 | 5:09 | 81 | 3:53 | 299 | 4:16 | 2.00 | 10:18 | 5:09 | 57 | 3:53 | 199 | 4:16 |
| Runde | 2.00 | 9:57 | 4:58 | 96 | 3:25 | 325 | 4:00 | 4.00 | 20:15 | 5:03 | 77 | 7:18 | 295 | 8:16 |
| Runde | 2.00 | 10:06 | 5:02 | 95 | 3:26 | 325 | 4:11 | 6.00 | 30:21 | 5:03 | 77 | 10:44 | 294 | 12:27 |
| Runde | 2.00 | 10:11 | 5:05 | 92 | 3:43 | 327 | 4:16 | 8.00 | 40:32 | 5:03 | 77 | 14:27 | 285 | 16:43 |
| Leichtathletikhall | 2.00 | 9:52 | 4:56 | 87 | 3:39 | 311 | 4:02 | 10.00 | 50:24 | 5:02 | 90 | 18:06 | 316 | 20:45 |