



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Margraf, Ronny

Club: Tanzamis Margraf/Lux

Number: 1106

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 59:46

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 622 (of 686)

Rank in course/Men: 509 (of 543)

Best time in course: 29:39

Rank in category: 130(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	13:10	6:34	133	6:45	533	7:08	2.00	13:10	6:34	96	6:45	379	7:08
Runde	2.00	12:52	6:26	133	6:20	532	6:55	4.00	26:02	6:30	95	13:05	377	14:03
Runde	2.00	12:15	6:07	131	5:35	520	6:20	6.00	38:17	6:22	95	18:40	376	20:23
Runde	2.00	11:09	5:34	116	4:41	440	5:14	8.00	49:26	6:10	95	23:21	375	25:37
Leichtathletikhaf	2.00	10:20	5:10	104	4:07	381	4:30	10.00	59:46	5:58	130	27:28	509	30:07