



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Frommberger, Ronny

Club: LSV Neunheilingen

Number: 608

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhuldingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:32

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 151 (of 477)

Rank in course/Men: 122 (of 315)

Best time in course: 12:17

Rank in category: 14(of 54)

Best time in the category: 12:17

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	9:07	4:33	11	3:07	93	3:07	2.00	9:07	4:33	41		85	3:07
Leichtathletikhall	2.00	10:25	5:12	26	4:08	176	4:11	4.00	19:32	4:53	14	7:15	122	7:15