



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reinhardt, Stephan

Club: SG Union Schöna

Number: 959

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 405 (of 686)

Rank in course/Men: 356 (of 543)

Best time in course: 29:39

Rank in category: 99(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	10:00	5:00	71	3:35	261	3:58	2.00	10:00	5:00	120	3:35	471	3:58
Runde	2.00	10:10	5:04	102	3:38	368	4:13	4.00	20:10	5:02	119	7:13	273	8:11
Runde	2.00	10:16	5:08	102	3:36	356	4:21	6.00	30:26	5:04	119	10:49	468	12:32
Runde	2.00	10:35	5:17	106	4:07	389	4:40	8.00	41:01	5:07	119	14:56	255	17:12
Leichtathletikh	2.00	10:38	5:18	110	4:25	416	4:48	10.00	51:39	5:09	99	19:21	356	22:00