



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rönicke, Ronny

Club: Erfurt
Number: 548

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 27:20

Speed: 8.78 km/h

Running performance: 6:50 min/km

Rank in course/Total: 451 (of 477)

Rank in course/Men: 308 (of 315)

Best time in course: 12:17

Rank in category: 52(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	13:31	6:45	52	7:31	310	7:31	2.00	13:31	6:45	1	-	250	7:31
Leichtathletikhah	2.00	13:49	6:54	52	7:32	309	7:35	4.00	27:20	6:49	52	15:03	308	15:03