



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scharf, Torsten

Club: Sparkasse Mittelthüringen

Number: 1261

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:44

Speed: 15.10 km/h

Running performance: 3:58 min/km

Rank in course/Total: 41 (of 686)

Rank in course/Men: 36 (of 543)

Best time in course: 29:39

Rank in category: 12(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	7:42	3:51	13	1:17	37	1:40	2.00	7:42	3:51	12	1:17	38	1:40
Runde	2.00	7:52	3:55	13	1:20	34	1:55	4.00	15:34	3:53	11	2:37	37	3:35
Runde	2.00	8:06	4:02	13	1:26	36	2:11	6.00	23:40	3:56	10	4:03	32	5:46
Runde	2.00	8:05	4:02	11	1:37	34	2:10	8.00	31:45	3:58	11	5:40	35	7:56
Leichtathletikhah	2.00	7:59	3:59	15	1:46	46	2:09	10.00	39:44	3:58	12	7:26	36	10:05