



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Stauche, Ronny**

Club: LG Ettenhausen

Number: 895

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:51

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 67 (of 686)

Rank in course/Men: 60 (of 543)

Best time in course: 29:39

Rank in category: 14(of 178)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	7:50	3:54	8	0:39	40	1:48	2.00	7:50	3:54	21		46	1:48	
Runde	2.00	8:17	4:08	15	0:57	61	2:20	4.00	16:07	4:01	21		56	4:08	
Runde	2.00	8:36	4:17	24	1:01	86	2:41	6.00	24:43	4:07	20	2:37	78	6:49	
Runde	2.00	8:41	4:20	21	0:56	79	2:46	8.00	33:24	4:10	19	3:33	77	9:35	
Leichtathletikhall	2.00	8:27	4:13	21	0:59	78	2:37	10.00	41:51	4:11	14	4:24	60	12:12	