



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reichmuth, Ronny

Club: Kromsdorf

Number: 1459

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:20

Speed: 13.24 km/h

Running performance: 4:32 min/km

Rank in course/Total: 164 (of 686)

Rank in course/Men: 150 (of 543)

Best time in course: 29:39

Rank in category: 50(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 ranking | | | |
|--------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 8:01 | 4:00 | 14 | 0:50 | 59 | 1:59 | 2.00 | 8:01 | 4:00 | 46 | 0:02 | 129 | 1:59 |
| Runde | 2.00 | 8:44 | 4:21 | 41 | 1:24 | 122 | 2:47 | 4.00 | 16:45 | 4:11 | 46 | | 128 | 4:46 |
| Runde | 2.00 | 9:18 | 4:39 | 67 | 1:43 | 190 | 3:23 | 6.00 | 26:03 | 4:20 | 45 | 3:57 | 127 | 8:09 |
| Runde | 2.00 | 9:45 | 4:52 | 89 | 2:00 | 253 | 3:50 | 8.00 | 35:48 | 4:28 | 44 | 5:57 | 126 | 11:59 |
| Leichtathletikhall | 2.00 | 9:32 | 4:46 | 88 | 2:04 | 255 | 3:42 | 10.00 | 45:20 | 4:31 | 50 | 7:53 | 150 | 15:41 |