



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Lindenlaub, Ralf

Club: Die flinken Gerataler

Number: 985

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:44

Speed: 13.12 km/h

Running performance: 4:34 min/km

Rank in course/Total: 180 (of 686)

Rank in course/Men: 165 (of 543)

Best time in course: 29:39

Rank in category: 47(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:14	4:36	47	2:49	159	3:12	2.00	9:14	4:36	37	2:49	126	3:12	
Runde	2.00	8:51	4:25	45	2:19	142	2:54	4.00	18:05	4:31	36	5:08	125	6:06	
Runde	2.00	9:06	4:32	45	2:26	152	3:11	6.00	27:11	4:31	36	7:34	133	9:17	
Runde	2.00	9:18	4:39	53	2:50	174	3:23	8.00	36:29	4:33	36	10:24	132	12:40	
Leichtathletikhaf	2.00	9:15	4:37	59	3:02	208	3:25	10.00	45:44	4:34	47	13:26	165	16:05	