



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rödiger, Frank

Club: Erfurt

Number: 1150

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:30

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 172 (of 686)

Rank in course/Men: 157 (of 543)

Best time in course: 29:39

Rank in category: 45(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	9:42	4:50	61	3:17	213	3:40	2.00	9:42	4:50	42	3:17	147	3:40	
Runde	2.00	8:39	4:19	33	2:07	109	2:42	4.00	18:21	4:35	43	5:24	122	6:22	
Runde	2.00	8:52	4:26	35	2:12	120	2:57	6.00	27:13	4:32	31	7:36	117	9:19	
Runde	2.00	9:16	4:38	51	2:48	168	3:21	8.00	36:29	4:33	36	10:24	132	12:40	
Leichtathletikh	2.00	9:01	4:30	51	2:48	169	3:11	10.00	45:30	4:32	45	13:12	157	15:51	