



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ehrhardt, Oliver

Club: Waldläufer

Number: 848

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:01

Speed: 13.33 km/h

Running performance: 4:30 min/km

Rank in course/Total: 152 (of 686)

Rank in course/Men: 141 (of 543)

Best time in course: 29:39

Rank in category: 40(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	9:53	4:56	68	3:28	243	3:51	2.00	9:53	4:56	54	3:28	160	3:51
Runde	2.00	8:46	4:23	41	2:14	126	2:49	4.00	18:39	4:39	53	5:42	184	6:40
Runde	2.00	8:49	4:24	33	2:09	114	2:54	6.00	27:28	4:34	53	7:51	183	9:34
Runde	2.00	8:54	4:27	31	2:26	106	2:59	8.00	36:22	4:32	38	10:17	136	12:33
Leichtathletikhäl	2.00	8:39	4:19	35	2:26	110	2:49	10.00	45:01	4:30	40	12:43	141	15:22