



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ernst, Tino

Club: SV Town & Country Bohringen/ Sonneborn
Number: 907

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:30

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 200 (of 686)

Rank in course/Men: 183 (of 543)

Best time in course: 29:39

Rank in category: 56(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:35	4:47	57	3:10	199	3:33	2.00	9:35	4:47	59	3:10	202	3:33
Runde	2.00	9:16	4:38	62	2:44	205	3:19	4.00	18:51	4:42	50	5:54	171	6:52
Runde	2.00	9:30	4:45	68	2:50	228	3:35	6.00	28:21	4:43	58	8:44	201	10:27
Runde	2.00	9:20	4:40	54	2:52	179	3:25	8.00	37:41	4:42	58	11:36	200	13:52
Leichtathletikhaf	2.00	8:49	4:24	39	2:36	132	2:59	10.00	46:30	4:39	56	14:12	183	16:51