



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Förter, René

Club: Suhler Döllbergverein Skialpine e.V.
Number: 976

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:08

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 335 (of 686)

Rank in course/Men: 303 (of 543)

Best time in course: 29:39

Rank in category: 87(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	10:21	5:10	86	3:56	308	4:19	2.00	10:21	5:10	63	3:56	205	4:19
Runde	2.00	9:30	4:45	75	2:58	250	3:33	4.00	19:51	4:57	62	6:54	222	7:52
Runde	2.00	9:49	4:54	80	3:09	282	3:54	6.00	29:40	4:56	62	10:03	221	11:46
Runde	2.00	10:11	5:05	92	3:43	327	4:16	8.00	39:51	4:58	62	13:46	201	16:02
Leichtathletikhäl	2.00	10:17	5:08	101	4:04	374	4:27	10.00	50:08	5:00	87	17:50	303	20:29