



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Reinhardt, Falko

Club: SG Grün-Weiß Catterfeld

Number: 920

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:49

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 371 (of 686)

Rank in course/Men: 333 (of 543)

Best time in course: 29:39

Rank in category: 95(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	10:02	5:00	72	3:37	265	4:00	2.00	10:02	5:00	68	3:37	244	4:00
Runde	2.00	10:09	5:04	101	3:37	363	4:12	4.00	20:11	5:02	67	7:14	242	8:12
Runde	2.00	10:19	5:09	104	3:39	366	4:24	6.00	30:30	5:04	67	10:53	241	12:36
Runde	2.00	10:26	5:13	99	3:58	354	4:31	8.00	40:56	5:06	67	14:51	240	17:07
Leichtathletikhaf	2.00	9:53	4:56	89	3:40	313	4:03	10.00	50:49	5:04	95	18:31	333	21:10