



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gronenborn, Jens

Club: Erfurt
Number: 901

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 50:24

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 350 (of 686)

Rank in course/Men: 316 (of 543)

Best time in course: 29:39

Rank in category: 90(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:18	5:09	81	3:53	299	4:16	2.00	10:18	5:09	57	3:53	199	4:16
Runde	2.00	9:57	4:58	96	3:25	325	4:00	4.00	20:15	5:03	77	7:18	295	8:16
Runde	2.00	10:06	5:02	95	3:26	325	4:11	6.00	30:21	5:03	77	10:44	294	12:27
Runde	2.00	10:11	5:05	92	3:43	327	4:16	8.00	40:32	5:03	77	14:27	285	16:43
Leichtathletikh	2.00	9:52	4:56	87	3:39	311	4:02	10.00	50:24	5:02	90	18:06	316	20:45