



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Göbel, Simon

Club: SV Witterda

Number: 1369

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:37

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 216 (of 637)

Rank in course/Men: 200 (of 493)

Best time in course: 31:35

Rank in category: 33(of 69)

Best time in the category: 31:35

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 Langstrec	2.00	9:44	4:51	37	3:27	207	3:27	2.00	9:44	4:51	24		479	3:27
Runde Langstrec	2.00	9:32	4:46	33	3:09	198	3:09	4.00	19:16	4:48	24		174	6:36
Runde Langstrec	2.00	9:41	4:50	35	3:13	205	3:13	6.00	28:57	4:49	24		478	9:49
Runde Langstrec	2.00	9:57	4:58	36	3:33	221	3:33	8.00	38:54	4:51	22		190	13:22
Leichtathletikhal	2.00	9:43	4:51	39	3:40	223	3:40	10.00	48:37	4:51	33	17:02	200	17:02