



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Fabig, Robert**

Club: FSV Martinroda

Number: 1684

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:02:42

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 593 (of 637)

Rank in course/Men: 471 (of 493)

Best time in course: 31:35

Rank in category: 130(of 133)

Best time in the category: 32:01

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 13:00         | 6:30            | 127         | 6:43           | 474        | 6:43          | 2.00        | 13:00         | 6:30            | 112         | 6:43           | 407        | 6:43          |
| Runde Langstrec   | 2.00        | 12:10         | 6:04            | 129         | 5:47           | 474        | 5:47          | 4.00        | 25:10         | 6:17            | 112         | 12:30          | 407        | 12:30         |
| Runde Langstrec   | 2.00        | 12:14         | 6:06            | 127         | 5:46           | 462        | 5:46          | 6.00        | 37:24         | 6:14            | 86          | 18:16          | 293        | 18:16         |
| Runde Langstrec   | 2.00        | 12:25         | 6:12            | 127         | 6:01           | 458        | 6:01          | 8.00        | 49:49         | 6:13            | 111         | 24:17          | 402        | 24:17         |
| Leichtathletikhal | 2.00        | 12:53         | 6:26            | 130         | 6:24           | 471        | 6:50          | 10.00       | 1:02:42       | 6:16            | 130         | 30:41          | 471        | 31:07         |