



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Miethbauer, Sebastian

Club: Erfurt

Number: 1047

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:52

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 68 (of 686)

Rank in course/Men: 62 (of 543)

Best time in course: 29:39

Rank in category: 22(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	8:23	4:11	21	1:58	82	2:21	2.00	8:23	4:11	25	1:58	76	2:21
Runde	2.00	8:18	4:09	23	1:46	63	2:21	4.00	16:41	4:10	24	3:44	75	4:42
Runde	2.00	8:29	4:14	23	1:49	68	2:34	6.00	25:10	4:11	24	5:33	61	7:16
Runde	2.00	8:27	4:13	21	1:59	59	2:32	8.00	33:37	4:12	24	7:32	73	9:48
Leichtathletikhalle	2.00	8:15	4:07	22	2:02	64	2:25	10.00	41:52	4:11	22	9:34	62	12:13