



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Strobel, Sebastian

Club: Oberlautersach

Number: 902

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:21

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 269 (of 686)

Rank in course/Men: 245 (of 543)

Best time in course: 29:39

Rank in category: 70(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	9:54	4:57	69	3:29	247	3:52	2.00	9:54	4:57	112	3:29	259	3:52
Runde	2.00	9:04	4:31	51	2:32	175	3:07	4.00	18:58	4:44	111	6:01	450	6:59
Runde	2.00	9:39	4:49	73	2:59	254	3:44	6.00	28:37	4:46	111	9:00	198	10:43
Runde	2.00	9:55	4:57	77	3:27	274	4:00	8.00	38:32	4:48	111	12:27	448	14:43
Leichtathletikhaf	2.00	9:49	4:54	82	3:36	297	3:59	10.00	48:21	4:50	70	16:03	245	18:42