



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seyfarth, Sebastian

Club: Erfurt
Number: 1638

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 49:19

Speed: 12.17 km/h
Running performance: 4:56 min/km

Rank in course/Total: 304 (of 686)

Rank in course/Men: 274 (of 543)

Best time in course: 29:39

Rank in category: 80(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			Men	Men							
Runde	2.00	9:05	43	2:40	148	3:03	2.00	9:05	4:32	126	2:40	490	3:03
Runde	2.00	9:45	87	3:13	293	3:48	4.00	18:50	4:42	125	5:53	488	6:51
Runde	2.00	10:12	98	3:32	342	4:17	6.00	29:02	4:50	125	9:25	306	11:08
Runde	2.00	10:12	94	3:44	329	4:17	8.00	39:14	4:54	125	13:09	486	15:25
Leichtathletikh	2.00	10:05	95	3:52	343	4:15	10.00	49:19	4:55	80	17:01	274	19:40