



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Göbel, Sebastian

Club: Braunschweig

Number: 1135

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:23

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 128 (of 686)

Rank in course/Men: 117 (of 543)

Best time in course: 29:39

Rank in category: 34(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	8:54	4:27	35	2:29	125	2:52	2.00	8:54	4:27	22	2:29	59	2:52
Runde	2.00	8:44	4:21	38	2:12	122	2:47	4.00	17:38	4:24	16	4:41	49	5:39
Runde	2.00	8:53	4:26	37	2:13	126	2:58	6.00	26:31	4:25	127	6:54	149	8:37
Runde	2.00	9:02	4:30	36	2:34	124	3:07	8.00	35:33	4:26	127	9:28	92	11:44
Leichtathletikhaf	2.00	8:50	4:25	42	2:37	138	3:00	10.00	44:23	4:26	34	12:05	117	14:44