



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Göppner, Michi

Club: 1. FC Bocker

Number: 1484

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:45

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 366 (of 686)

Rank in course/Men: 327 (of 543)

Best time in course: 29:39

Rank in category: 94(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	11:21	5:40	114	4:56	421	5:19	2.00	11:21	5:40	99	4:56	373	5:19
Runde	2.00	9:44	4:51	86	3:12	290	3:47	4.00	21:05	5:16	129	8:08	510	9:06
Runde	2.00	9:50	4:55	82	3:10	288	3:55	6.00	30:55	5:09	129	11:18	218	13:01
Runde	2.00	10:01	5:00	86	3:33	295	4:06	8.00	40:56	5:06	67	14:51	240	17:07
Leichtathletikhaf	2.00	9:49	4:54	82	3:36	297	3:59	10.00	50:45	5:04	94	18:27	327	21:06