



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Morgenweck, Sebastian

Club: Eisenach

Number: 1420

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:41

Speed: 14.39 km/h

Running performance: 4:10 min/km

Rank in course/Total: 61 (of 686)

Rank in course/Men: 55 (of 543)

Best time in course: 29:39

Rank in category: 20(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	8:16	4:08	22	1:44	59	2:19	4.00	17:10	4:17	21	4:13	58	5:11
Runde	2.00	8:18	4:09	18	1:38	49	2:23	6.00	25:28	4:14	21	5:51	57	7:34
Runde	2.00	8:20	4:10	15	1:52	48	2:25	8.00	33:48	4:13	18	7:43	49	9:59
Leichtathletikhaf	2.00	7:53	3:56	12	1:40	39	2:03	10.00	41:41	4:10	20	9:23	55	12:02