



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Miethbauer, Sebastian

Club: Erfurt
Number: 1047

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 41:52

Speed: 14.33 km/h
Running performance: 4:11 min/km

Rank in course/Total: 68 (of 686)

Rank in course/Men: 62 (of 543)

Best time in course: 29:39

Rank in category: 22(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | | Total ranking | | | | |
|--------------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 8:23 | 4:11 | 21 | 1:58 | 82 | 2:21 | 2.00 | 8:23 | 4:11 | 25 | 1:58 | 76 | 2:21 |
| Runde | 2.00 | 8:18 | 4:09 | 23 | 1:46 | 63 | 2:21 | 4.00 | 16:41 | 4:10 | 24 | 3:44 | 75 | 4:42 |
| Runde | 2.00 | 8:29 | 4:14 | 23 | 1:49 | 68 | 2:34 | 6.00 | 25:10 | 4:11 | 24 | 5:33 | 61 | 7:16 |
| Runde | 2.00 | 8:27 | 4:13 | 21 | 1:59 | 59 | 2:32 | 8.00 | 33:37 | 4:12 | 24 | 7:32 | 73 | 9:48 |
| Leichtathletikhall | 2.00 | 8:15 | 4:07 | 22 | 2:02 | 64 | 2:25 | 10.00 | 41:52 | 4:11 | 22 | 9:34 | 62 | 12:13 |