



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seeber, Tobias

Club: FFLW

Number: 934

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:19

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 195 (of 686)

Rank in course/Men: 178 (of 543)

Best time in course: 29:39

Rank in category: 53(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	9:11	4:35	45	2:46	153	3:09	2.00	9:11	4:35	50	2:46	154	3:09
Runde	2.00	9:09	4:34	58	2:37	190	3:12	4.00	18:20	4:34	49	5:23	130	6:21
Runde	2.00	9:25	4:42	65	2:45	216	3:30	6.00	27:45	4:37	49	8:08	154	9:51
Runde	2.00	9:28	4:44	59	3:00	201	3:33	8.00	37:13	4:39	45	11:08	152	13:24
Leichtathletikhaf	2.00	9:06	4:32	54	2:53	181	3:16	10.00	46:19	4:37	53	14:01	178	16:40