



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Göllert, Christian

Club: Hayn

Number: 1061

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:31

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 316 (of 686)

Rank in course/Men: 285 (of 543)

Best time in course: 29:39

Rank in category: 82(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	9:28	4:44	54	3:03	184	3:26	2.00	9:28	4:44	60	3:03	95	3:26	
Runde	2.00	9:27	4:43	73	2:55	239	3:30	4.00	18:55	4:43	59	5:58	157	6:56	
Runde	2.00	10:05	5:02	94	3:25	321	4:10	6.00	29:00	4:49	59	9:23	213	11:06	
Runde	2.00	10:19	5:09	97	3:51	345	4:24	8.00	39:19	4:54	59	13:14	212	15:30	
Leichtathletikhaf	2.00	10:12	5:05	99	3:59	361	4:22	10.00	49:31	4:57	82	17:13	285	19:52	