



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Gubelt, Michael

Club: SV Sömmerda

Number: 1483

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:32

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 175 (of 686)

Rank in course/Men: 159 (of 543)

Best time in course: 29:39

Rank in category: 55(of 178)

Best time in the category: 37:27

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	8:49	4:24	32	1:38	113	2:47	2.00	8:49	4:24	123	0:50	149	2:47	
Runde	2.00	8:55	4:27	51	1:35	160	2:58	4.00	17:44	4:26	51	0:28	142	5:45	
Runde	2.00	9:09	4:34	51	1:34	162	3:14	6.00	26:53	4:28	121	4:47	343	8:59	
Runde	2.00	9:21	4:40	65	1:36	181	3:26	8.00	36:14	4:31	120	6:23	342	12:25	
Leichtathletikhaf	2.00	9:18	4:39	76	1:50	216	3:28	10.00	45:32	4:33	55	8:05	159	15:53	