



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kallenbach, Sebastian

Club: Weimar

Number: 1478

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:13

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 228 (of 686)

Rank in course/Men: 209 (of 543)

Best time in course: 29:39

Rank in category: 63(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	9:48	4:54	66	3:23	234	3:46	2.00	9:48	4:54	48	3:23	161	3:46
Runde	2.00	9:26	4:43	71	2:54	234	3:29	4.00	19:14	4:48	89	6:17	359	7:15
Runde	2.00	9:28	4:44	66	2:48	221	3:33	6.00	28:42	4:46	89	9:05	358	10:48
Runde	2.00	9:29	4:44	60	3:01	205	3:34	8.00	38:11	4:46	89	12:06	357	14:22
Leichtathletikhaf	2.00	9:02	4:30	52	2:49	172	3:12	10.00	47:13	4:43	63	14:55	209	17:34