



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fabig, Robert

Club: FSV Martinsroda

Number: 986

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:31

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 467 (of 686)

Rank in course/Men: 407 (of 543)

Best time in course: 29:39

Rank in category: 110(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Runde	2.00	10:42	5:20	98	4:17	356	4:40	2.00	10:42	5:20	92	4:17	365	4:40
Runde	2.00	10:14	5:06	105	3:42	378	4:17	4.00	20:56	5:14	91	7:59	363	8:57
Runde	2.00	10:34	5:16	110	3:54	405	4:39	6.00	31:30	5:15	91	11:53	362	13:36
Runde	2.00	10:45	5:22	112	4:17	411	4:50	8.00	42:15	5:16	91	16:10	361	18:26
Leichtathletikhall	2.00	11:16	5:38	120	5:03	470	5:26	10.00	53:31	5:21	110	21:13	407	23:52