



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Göbel, Sebastian

Club: Braunschweig

Number: 1311

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:19

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 111 (of 637)

Rank in course/Men: 107 (of 493)

Best time in course: 31:35

Rank in category: 43(of 133)

Best time in the category: 32:01

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 Langstrec	2.00	8:48	4:24	39	2:31	102	2:31	2.00	8:48	4:24	39	2:31	94	2:31
Runde Langstrec	2.00	8:38	4:18	34	2:15	83	2:15	4.00	17:26	4:21	45	4:46	105	4:46
Runde Langstrec	2.00	8:55	4:27	47	2:27	110	2:27	6.00	26:21	4:23	45	7:13	105	7:13
Runde Langstrec	2.00	8:55	4:27	41	2:31	96	2:31	8.00	35:16	4:24	45	9:44	104	9:44
Leichtathletikh	2.00	9:03	4:31	55	2:34	143	3:00	10.00	44:19	4:25	43	12:18	107	12:44