



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |