



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köbis, Uwe

Club: SV Empor Walschleben e.V.

Number: 1091

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:36

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 467 (of 637)

Rank in course/Men: 400 (of 493)

Best time in course: 31:35

Rank in category: 112(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	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 Langstrec	2.00	11:54	5:57	115	5:26	416	5:37	2.00	11:54	5:57	74	5:26	257	5:37
Runde Langstrec	2.00	11:20	5:40	117	4:38	420	4:57	4.00	23:14	5:48	74	10:04	257	10:34
Runde Langstrec	2.00	11:00	5:30	106	4:08	374	4:32	6.00	34:14	5:42	74	14:12	256	15:06
Runde Langstrec	2.00	11:14	5:36	108	4:28	384	4:50	8.00	45:28	5:41	73	18:40	255	19:56
Leichtathletikhal	2.00	11:08	5:33	110	4:21	391	5:05	10.00	56:36	5:39	112	23:01	400	25:01