



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bubeck, Hans

Club: Weimar

Number: 1504

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:45

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 281 (of 637)

Rank in course/Men: 253 (of 493)

Best time in course: 31:35

Rank in category: 78(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	10:02	5:00	74	3:45	227	3:45	2.00	10:02	5:00	96	3:45	300	3:45
Runde Langstrec	2.00	10:09	5:04	81	3:46	273	3:46	4.00	20:11	5:02	96	7:31	337	7:31
Runde Langstrec	2.00	10:18	5:09	83	3:50	279	3:50	6.00	30:29	5:04	96	11:21	8	11:21
Runde Langstrec	2.00	10:25	5:12	85	4:01	284	4:01	8.00	40:54	5:06	96	15:22	335	15:22
Leichtathletikhal	2.00	9:51	4:55	78	3:22	252	3:48	10.00	50:45	5:04	78	18:44	253	19:10