



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jäkel, Ulrich

Club: Skisportverein Erfurt 02

Number: 1616

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:02

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 546 (of 686)

Rank in course/Men: 462 (of 543)

Best time in course: 29:39

Rank in category: 122(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:45	5:52	124	5:20	474	5:43	2.00	11:45	5:52	135	5:20	380	5:43
Runde	2.00	10:42	5:20	123	4:10	448	4:45	4.00	22:27	5:36	134	9:30	281	10:28
Runde	2.00	11:04	5:31	121	4:24	450	5:09	6.00	33:31	5:35	134	13:54	536	15:37
Runde	2.00	11:14	5:36	117	4:46	448	5:19	8.00	44:45	5:35	134	18:40	535	20:56
Leichtathletikhäl	2.00	11:17	5:38	122	5:04	472	5:27	10.00	56:02	5:36	122	23:44	462	26:23