



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hesse, Uwe

Club: Physio-K. Hesse

Number: 1434

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 40:30

Speed: 14.81 km/h

Running performance: 4:03 min/km

Rank in course/Total: 49 (of 686)

Rank in course/Men: 43 (of 543)

Best time in course: 29:39

Rank in category: 3(of 107)

Best time in the category: 39:41

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	2.00	7:59	3:59	5	0:24	54	1:57	2.00	7:59	3:59	3	0:24	3	1:57
Runde	2.00	8:11	4:05	4	0:14	50	2:14	4.00	16:10	4:02	3	0:35	46	4:11
Runde	2.00	8:10	4:04	2	0:03	43	2:15	6.00	24:20	4:03	3	0:38	45	6:26
Runde	2.00	8:13	4:06	2	0:09	44	2:18	8.00	32:33	4:04	3	0:47	43	8:44
Leichtathletikhalle	2.00	7:57	3:58	2	0:02	44	2:07	10.00	40:30	4:02	3	0:49	43	10:51