



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Köbis, Uwe

Club: SV Empor Walschleben e.V.

Number: 1390

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:19

Speed: 11.69 km/h

Running performance: 5:08 min/km

Rank in course/Total: 392 (of 686)

Rank in course/Men: 347 (of 543)

Best time in course: 29:39

Rank in category: 112(of 178)

Best time in the category: 37:27

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	10:29	5:14	104	3:18	328	4:27	2.00	10:29	5:14	86	2:30	245	4:27
Runde	2.00	10:05	5:02	116	2:45	349	4:08	4.00	20:34	5:08	85	3:18	218	8:35
Runde	2.00	10:10	5:04	111	2:35	334	4:15	6.00	30:44	5:07	84	8:38	242	12:50
Runde	2.00	10:13	5:06	112	2:28	333	4:18	8.00	40:57	5:07	83	11:06	241	17:08
Leichtathletikhalle	2.00	10:22	5:11	128	2:54	390	4:32	10.00	51:19	5:07	112	13:52	347	21:40