



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ziemann, Ulf

Club: Bad Langensalza

Number: 1220

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:32

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 581 (of 686)

Rank in course/Men: 487 (of 543)

Best time in course: 29:39

Rank in category: 162(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	11:02	5:30	128	3:51	398	5:00	2.00	11:02	5:30	127	3:03	362	5:00
Runde	2.00	11:02	5:30	161	3:42	476	5:05	4.00	22:04	5:30	126	4:48	234	10:05
Runde	2.00	11:29	5:44	162	3:54	487	5:34	6.00	33:33	5:35	112	11:27	325	15:39
Runde	2.00	11:54	5:57	167	4:09	503	5:59	8.00	45:27	5:40	124	15:36	358	21:38
Leichtathletikhalle	2.00	12:05	6:02	169	4:37	514	6:15	10.00	57:32	5:45	162	20:05	487	27:53