



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Umbreit, Torsten

Club: SG Traktor Eckstedt

Number: 1272

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:40

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 585 (of 686)

Rank in course/Men: 489 (of 543)

Best time in course: 29:39

Rank in category: 163(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	13:03	6:31	178	5:52	532	7:01	2.00	13:03	6:31	144	5:04	432	7:01
Runde	2.00	11:42	5:50	174	4:22	510	5:45	4.00	24:45	6:11	143	7:29	430	12:46
Runde	2.00	11:29	5:44	162	3:54	487	5:34	6.00	36:14	6:02	142	14:08	429	18:20
Runde	2.00	11:09	5:34	144	3:24	440	5:14	8.00	47:23	5:55	141	17:32	428	23:34
Leichtathletikh	2.00	10:17	5:08	124	2:49	374	4:27	10.00	57:40	5:46	163	20:13	489	28:01