



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Soboll, Uwe

Club: MTB Tabarz

Number: 1079

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:38

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 204 (of 686)

Rank in course/Men: 185 (of 543)

Best time in course: 29:39

Rank in category: 22(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	10:08	5:03	48	2:33	278	4:06	2.00	10:08	5:03	48	2:33	207	4:06
Runde	2.00	8:52	4:26	17	0:55	146	2:55	4.00	19:00	4:45	88	3:25	432	7:01
Runde	2.00	8:59	4:29	16	0:52	134	3:04	6.00	27:59	4:39	97	4:17	501	10:05
Runde	2.00	9:20	4:40	21	1:16	179	3:25	8.00	37:19	4:39	97	5:33	390	13:30
Leichtathletikhäl	2.00	9:19	4:39	31	1:24	220	3:29	10.00	46:38	4:39	22	6:57	185	16:59