



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Nagel, Uwe

Club: Erfurt
Number: 1462

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M50 (50-59 Jahre)

Total time: 1:13:01

Speed: 8.22 km/h
Running performance: 7:18 min/km

Rank in course/Total: 672 (of 686)

Rank in course/Men: 533 (of 543)

Best time in course: 29:39

Rank in category: 106(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	13:23	6:41	106	5:48	537	7:21	2.00	13:23	6:41	101	5:48	510	7:21
Runde	2.00	14:37	7:18	107	6:40	539	8:40	4.00	28:00	7:00	101	12:25	508	16:01
Runde	2.00	15:15	7:37	107	7:08	538	9:20	6.00	43:15	7:12	101	19:33	507	25:21
Runde	2.00	15:09	7:34	106	7:05	536	9:14	8.00	58:24	7:17	101	26:38	506	34:35
Leichtathletikhaf	2.00	14:37	7:18	105	6:42	530	8:47	10.00	1:13:01	7:18	106	33:20	533	43:22