



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Peter, Uwe

Club: Erfurt
Number: 998

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 47:00
Speed: 12.77 km/h
Running performance: 4:42 min/km
Rank in course/Total: 220 (of 686)
Rank in course/Men: 202 (of 543)
Best time in course: 29:39
Rank in category: 66(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	10:09	5:04	91	2:58	286	4:07	2.00	10:09	5:04	89	2:10	222	4:07	
Runde	2.00	9:01	4:30	55	1:41	169	3:04	4.00	19:10	4:47	166	1:54	512	7:11	
Runde	2.00	9:18	4:39	67	1:43	190	3:23	6.00	28:28	4:44	165	6:22	511	10:34	
Runde	2.00	9:21	4:40	65	1:36	181	3:26	8.00	37:49	4:43	164	7:58	510	14:00	
Leichtathletikh	2.00	9:11	4:35	70	1:43	193	3:21	10.00	47:00	4:42	66	9:33	202	17:21	