



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Jäkel, Ulrich**

Club: Skisportverein Erfurt 02

Number: 1616

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:02

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 546 (of 686)

Rank in course/Men: 462 (of 543)

Best time in course: 29:39

Rank in category: 122(of 136)

Best time in the category: 32:18

### 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  | 11:45 | 5:52 | 124    | 5:20   | 474  | 5:43  | 2.00  | 11:45 | 5:52 | 135    | 5:20  | 380    | 5:43  |
| Runde             | 2.00  | 10:42 | 5:20 | 123    | 4:10   | 448  | 4:45  | 4.00  | 22:27 | 5:36 | 134    | 9:30  | 281    | 10:28 |
| Runde             | 2.00  | 11:04 | 5:31 | 121    | 4:24   | 450  | 5:09  | 6.00  | 33:31 | 5:35 | 134    | 13:54 | 536    | 15:37 |
| Runde             | 2.00  | 11:14 | 5:36 | 117    | 4:46   | 448  | 5:19  | 8.00  | 44:45 | 5:35 | 134    | 18:40 | 535    | 20:56 |
| Leichtathletikhäl | 2.00  | 11:17 | 5:38 | 122    | 5:04   | 472  | 5:27  | 10.00 | 56:02 | 5:36 | 122    | 23:44 | 462    | 26:23 |