



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ibald, Hubert

Club: LG Steinlach

Number: 1319

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 39:41

Speed: 15.12 km/h

Running performance: 3:58 min/km

Rank in course/Total: 40 (of 686)

Rank in course/Men: 34 (of 543)

Best time in course: 29:39

Rank in category: 1(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	7:35	3:47	1	-	32	1:33	2.00	7:35	3:47	1	-	42	1:33	
Runde	2.00	8:00	4:00	2	0:03	41	2:03	4.00	15:35	3:53	1	-	41	3:36	
Runde	2.00	8:07	4:03	1	-	38	2:12	6.00	23:42	3:56	1	-	40	5:48	
Runde	2.00	8:04	4:01	1	-	33	2:09	8.00	31:46	3:58	1	-	39	7:57	
Leichtathletikhall	2.00	7:55	3:57	1	-	41	2:05	10.00	39:41	3:58	1	-	34	10:02	