



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Weißbrod, Uwe

Club: sc impuls erfurt

Number: 1666

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:10

Speed: 14.23 km/h

Running performance: 4:13 min/km

Rank in course/Total: 73 (of 686)

Rank in course/Men: 66 (of 543)

Best time in course: 29:39

Rank in category: 7(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	8:13	4:06	9	0:38	69	2:11	2.00	8:13	4:06	9	0:38	71	2:11	
Runde	2.00	8:25	4:12	9	0:28	77	2:28	4.00	16:38	4:09	9	1:03	70	4:39	
Runde	2.00	8:29	4:14	8	0:22	68	2:34	6.00	25:07	4:11	9	1:25	51	7:13	
Runde	2.00	8:32	4:15	6	0:28	66	2:37	8.00	33:39	4:12	9	1:53	68	9:50	
Leichtathletikhaf	2.00	8:31	4:15	10	0:36	90	2:41	10.00	42:10	4:13	7	2:29	66	12:31	