



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kahl, Uwe

Club: USV Erfurt

Number: 955

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:11

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 338 (of 686)

Rank in course/Men: 306 (of 543)

Best time in course: 29:39

Rank in category: 104(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:18	5:39	138	4:07	418	5:16	2.00	11:18	5:39	81	3:19	210	5:16
Runde	2.00	9:51	4:55	103	2:31	307	3:54	4.00	21:09	5:17	80	3:53	208	9:10
Runde	2.00	9:45	4:52	94	2:10	267	3:50	6.00	30:54	5:08	79	8:48	207	13:00
Runde	2.00	9:48	4:54	91	2:03	257	3:53	8.00	40:42	5:05	78	10:51	206	16:53
Leichtathletikhall	2.00	9:29	4:44	84	2:01	244	3:39	10.00	50:11	5:01	104	12:44	306	20:32