



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fischer, Uwe

Club: Fischer-Heizung GmbH

Number: 1170

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:22

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 425 (of 686)

Rank in course/Men: 372 (of 543)

Best time in course: 29:39

Rank in category: 120(of 178)

Best time in the category: 37:27

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	11:28	5:44	146	4:17	437	5:26	2.00	11:28	5:44	85	3:29	239	5:26
Runde	2.00	10:14	5:06	129	2:54	378	4:17	4.00	21:42	5:25	84	4:26	237	9:43
Runde	2.00	10:14	5:06	115	2:39	349	4:19	6.00	31:56	5:19	83	9:50	236	14:02
Runde	2.00	10:18	5:09	115	2:33	342	4:23	8.00	42:14	5:16	82	12:23	235	18:25
Leichtathletikhall	2.00	10:08	5:03	119	2:40	355	4:18	10.00	52:22	5:14	120	14:55	372	22:43