



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Weißbrod, Uwe

Club: Sc Impuls

Number: 1285

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 163 (of 637)

Rank in course/Men: 156 (of 493)

Best time in course: 31:35

Rank in category: 16(of 103)

Best time in the category: 41:32

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 Langstrec | 2.00 | 9:23 | 4:41 | 23 | 1:27 | 169 | 3:06 | 2.00 | 9:23 | 4:41 | 12 | | 113 | 3:06 |
| Runde Langstrec | 2.00 | 9:10 | 4:34 | 16 | 0:53 | 158 | 2:47 | 4.00 | 18:33 | 4:38 | 12 | | 128 | 5:53 |
| Runde Langstrec | 2.00 | 9:14 | 4:36 | 15 | 0:47 | 152 | 2:46 | 6.00 | 27:47 | 4:37 | 12 | | 128 | 8:39 |
| Runde Langstrec | 2.00 | 9:16 | 4:38 | 16 | 0:45 | 139 | 2:52 | 8.00 | 37:03 | 4:37 | 12 | | 125 | 11:31 |
| Leichtathletikh | 2.00 | 9:13 | 4:36 | 19 | 1:00 | 163 | 3:10 | 10.00 | 46:16 | 4:37 | 16 | 4:44 | 156 | 14:41 |