



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		Total		Total		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	