



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bauspieß, Uwe

Club: Team Kyffhäuser Bike and Run
Number: 1115

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M50 (50-59 Jahre)

Total time: 49:23

Speed: 12.15 km/h
Running performance: 4:56 min/km

Rank in course/Total: 240 (of 637)

Rank in course/Men: 223 (of 493)

Best time in course: 31:35

Rank in category: 37(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Langstrec	2.00	9:30	4:45	26	1:34	182	3:13	2.00	9:30	4:45	25		174	3:13
Runde Langstrec	2.00	9:46	4:53	38	1:29	226	3:23	4.00	19:16	4:48	25		174	6:36
Runde Langstrec	2.00	10:02	5:00	44	1:35	243	3:34	6.00	29:18	4:53	24		173	10:10
Runde Langstrec	2.00	10:06	5:02	44	1:35	242	3:42	8.00	39:24	4:55	24		172	13:52
Leichtathletikhal	2.00	9:59	4:59	47	1:46	267	3:56	10.00	49:23	4:56	37	7:51	223	17:48