



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bubeck, Hans

Club: Weimar
Number: 1504

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 50:45

Speed: 11.82 km/h
Running performance: 5:05 min/km

Rank in course/Total: 281 (of 637)

Rank in course/Men: 253 (of 493)

Best time in course: 31:35

Rank in category: 78(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
Runde Langstrec	2.00	10:02	5:00	74	227	3:45	3:45	2.00	10:02	5:00	96	300	3:45	3:45			
Runde Langstrec	2.00	10:09	5:04	81	273	3:46	3:46	4.00	20:11	5:02	96	337	7:31	7:31			
Runde Langstrec	2.00	10:18	5:09	83	279	3:50	3:50	6.00	30:29	5:04	96	8	11:21	11:21			
Runde Langstrec	2.00	10:25	5:12	85	284	4:01	4:01	8.00	40:54	5:06	96	335	15:22	15:22			
Leichtathletikh	2.00	9:51	4:55	78	252	3:22	3:48	10.00	50:45	5:04	78	253	18:44	19:10			