



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sobanski, Peter

Club: PLF

Number: 1478

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:00

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 230 (of 637)

Rank in course/Men: 215 (of 493)

Best time in course: 31:35

Rank in category: 35(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	10:20	5:10	47	2:24	251	4:03	2.00	10:20	5:10	65	0:15	320	4:03
Runde Langstrec	2.00	9:36	4:47	31	1:19	211	3:13	4.00	19:56	4:59	89		432	7:16
Runde Langstrec	2.00	9:43	4:51	32	1:16	209	3:15	6.00	29:39	4:56	25		178	10:31
Runde Langstrec	2.00	9:46	4:53	29	1:15	198	3:22	8.00	39:25	4:55	72		179	13:53
Leichtathletikh	2.00	9:35	4:47	31	1:22	208	3:32	10.00	49:00	4:54	35	7:28	215	17:25