



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krüger, Carsten

Club: Kromsdorf

Number: 1109

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:31

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 397 (of 637)

Rank in course/Men: 351 (of 493)

Best time in course: 31:35

Rank in category: 73(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	11:31	5:45	80	3:35	370	5:14	2.00	11:31	5:45	18	1:26	155	5:14
Runde Langstrec	2.00	11:33	5:46	93	3:16	445	5:10	4.00	23:04	5:46	92	2:47	445	10:24
Runde Langstrec	2.00	11:52	5:56	93	3:25	446	5:24	6.00	34:56	5:49	91	4:27	444	15:48
Runde Langstrec	2.00	9:38	4:48	23	1:07	181	3:14	8.00	44:34	5:34	91	3:49	440	19:02
Leichtathletikhal	2.00	9:57	4:58	46	1:44	264	3:54	10.00	54:31	5:27	73	12:59	351	22:56