



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Golschewski, Jörg

Club: Erfurt

Number: 1176

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 207 (of 637)

Rank in course/Men: 192 (of 493)

Best time in course: 31:35

Rank in category: 29(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	9:33	4:46	27	1:37	188	3:16	2.00	9:33	4:46	94		462	3:16
Runde Langstrec	2.00	9:26	4:43	27	1:09	188	3:03	4.00	18:59	4:44	94		462	6:19
Runde Langstrec	2.00	9:45	4:52	33	1:18	212	3:17	6.00	28:44	4:47	93		461	9:36
Runde Langstrec	2.00	9:56	4:58	36	1:25	218	3:32	8.00	38:40	4:49	93		456	13:08
Leichtathletikh	2.00	9:37	4:48	32	1:24	212	3:34	10.00	48:17	4:49	29	6:45	192	16:42