



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Steinbeck, Frank

Club: Großbreitenbacher Ski Verein

Number: 1665

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:12

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 204 (of 637)

Rank in course/Men: 190 (of 493)

Best time in course: 31:35

Rank in category: 28(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	10:01	5:00	38	2:05	225	3:44	2.00	10:01	5:00	32		195	3:44
Runde Langstrec	2.00	9:12	4:35	20	0:55	166	2:49	4.00	19:13	4:48	95		464	6:33
Runde Langstrec	2.00	9:20	4:40	19	0:53	164	2:52	6.00	28:33	4:45	94		463	9:25
Runde Langstrec	2.00	9:44	4:51	27	1:13	195	3:20	8.00	38:17	4:47	94		458	12:45
Leichtathletikh	2.00	9:55	4:57	45	1:42	259	3:52	10.00	48:12	4:49	28	6:40	190	16:37