



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 1196

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 53:41

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 371 (of 637)

Rank in course/Men: 331 (of 493)

Best time in course: 31:35

Rank in category: 2(of 8)

Best time in the category: 47:40

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 10:37         | 5:18            | 2           | 1:33           | 282        | 4:20          | 2.00        | 10:37         | 5:18            | 7           | 1:33           | 145        | 4:20          |
| Runde Langstrec   | 2.00        | 10:34         | 5:16            | 2           | 1:11           | 332        | 4:11          | 4.00        | 21:11         | 5:17            | 7           | 2:44           | 336        | 8:31          |
| Runde Langstrec   | 2.00        | 10:47         | 5:23            | 2           | 1:12           | 347        | 4:19          | 6.00        | 31:58         | 5:19            | 7           | 3:56           | 345        | 12:50         |
| Runde Langstrec   | 2.00        | 10:53         | 5:26            | 2           | 1:03           | 346        | 4:29          | 8.00        | 42:51         | 5:21            | 7           | 4:59           | 317        | 17:19         |
| Leichtathletikhal | 2.00        | 10:50         | 5:25            | 2           | 1:02           | 366        | 4:47          | 10.00       | 53:41         | 5:22            | 2           | 6:01           | 331        | 22:06         |