



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Schlag, Ingo

Club: Schkauditzer Läufer

Number: 1409

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:30

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 302 (of 637)

Rank in course/Men: 272 (of 493)

Best time in course: 31:35

Rank in category: 54(of 103)

Best time in the category: 41:32

## 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        | 11:05         | 5:32            | 67          | 3:09           | 329        | 4:48          | 2.00        | 11:05         | 5:32            | 79          | 1:00           | 227        | 4:48          |
| Runde Langstrec | 2.00        | 9:49          | 4:54            | 42          | 1:32           | 237        | 3:26          | 4.00        | 20:54         | 5:13            | 96          | 0:37           | 466        | 8:14          |
| Runde Langstrec | 2.00        | 10:01         | 5:00            | 42          | 1:34           | 241        | 3:33          | 6.00        | 30:55         | 5:09            | 95          | 0:26           | 465        | 11:47         |
| Runde Langstrec | 2.00        | 10:17         | 5:08            | 52          | 1:46           | 266        | 3:53          | 8.00        | 41:12         | 5:09            | 95          | 0:27           | 460        | 15:40         |
| Leichtathletikh | 2.00        | 10:18         | 5:09            | 60          | 2:05           | 302        | 4:15          | 10.00       | 51:30         | 5:09            | 54          | 9:58           | 272        | 19:55         |