



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Regenhardt, Peter**

Club: Schoppendorf

Number: 1456

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 258 (of 637)

Rank in course/Men: 238 (of 493)

Best time in course: 31:35

Rank in category: 41(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        | 9:38          | 4:48            | 29          | 1:42           | 194        | 3:21          | 2.00        | 9:38          | 4:48            | 97          |                | 172        | 3:21          |
| Runde Langstrec   | 2.00        | 9:49          | 4:54            | 42          | 1:32           | 237        | 3:26          | 4.00        | 19:27         | 4:51            | 97          |                | 474        | 6:47          |
| Runde Langstrec   | 2.00        | 10:03         | 5:01            | 45          | 1:36           | 246        | 3:35          | 6.00        | 29:30         | 4:55            | 96          |                | 473        | 10:22         |
| Runde Langstrec   | 2.00        | 10:17         | 5:08            | 52          | 1:46           | 266        | 3:53          | 8.00        | 39:47         | 4:58            | 96          |                | 468        | 14:15         |
| Leichtathletikhal | 2.00        | 10:13         | 5:06            | 55          | 2:00           | 292        | 4:10          | 10.00       | 50:00         | 5:00            | 41          | 8:28           | 238        | 18:25         |