



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pawlik, Gerd

Club: Pawliks Lauffamily

Number: 1384

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 238 (of 637)

Rank in course/Men: 221 (of 493)

Best time in course: 31:35

Rank in category: 36(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	9:45	4:52	34	1:49	208	3:28	2.00	9:45	4:52	99		480	3:28
Runde Langstrec	2.00	9:46	4:53	38	1:29	226	3:23	4.00	19:31	4:52	99		480	6:51
Runde Langstrec	2.00	9:58	4:59	38	1:31	234	3:30	6.00	29:29	4:54	31		194	10:21
Runde Langstrec	2.00	10:03	5:01	41	1:32	237	3:39	8.00	39:32	4:56	98		166	14:00
Leichtathletikhal	2.00	9:43	4:51	38	1:30	223	3:40	10.00	49:15	4:55	36	7:43	221	17:40