



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ellenberg, Horst

Club: Gotha

Number: 1304

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 1:43:08

Speed: 5.82 km/h

Running performance: 10:19 min/km

Rank in course/Total: 627 (of 637)

Rank in course/Men: 485 (of 493)

Best time in course: 31:35

Rank in category: 8(of 8)

Best time in the category: 47:40

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	18:46	9:22	8	9:42	491	12:29	2.00	18:46	9:22	8	9:42	490	12:29
Runde Langstrec	2.00	20:33	10:16	8	11:10	491	14:10	4.00	39:19	9:49	8	20:52	490	26:39
Runde Langstrec	2.00	21:13	10:36	8	11:38	490	14:45	6.00	1:00:32	10:05	8	32:30	490	41:24
Runde Langstrec	2.00	21:11	10:35	8	11:21	488	14:47	8.00	1:21:43	10:12	8	43:51	483	56:11
Leichtathletikh	2.00	21:25	10:42	8	11:37	485	15:22	10.00	1:43:08	10:18	8	55:28	485	1:11:33