



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Becker, Frank

Club: USV Erfurt

Number: 1114

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 41:47

Speed: 14.36 km/h

Running performance: 4:11 min/km

Rank in course/Total: 57 (of 637)

Rank in course/Men: 56 (of 493)

Best time in course: 31:35

Rank in category: 2(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	8:08	4:03	3	0:12	56	1:51	2.00	8:08	4:03	2		51	1:51
Runde Langstrec	2.00	8:17	4:08	1	-	58	1:54	4.00	16:25	4:06	2		51	3:45
Runde Langstrec	2.00	8:30	4:15	2	0:03	63	2:02	6.00	24:55	4:09	2		51	5:47
Runde Langstrec	2.00	8:39	4:19	2	0:08	65	2:15	8.00	33:34	4:11	2		42	8:02
Leichtathletikhal	2.00	8:13	4:06	1	-	58	2:10	10.00	41:47	4:10	2	0:15	56	10:12