



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Weiß, Steffen

Club: WSV Ilmenau 1908 e.V.

Number: 1635

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 43:52

Speed: 13.68 km/h

Running performance: 4:23 min/km

Rank in course/Total: 101 (of 637)

Rank in course/Men: 97 (of 493)

Best time in course: 31:35

Rank in category: 7(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	8:49	4:24	7	0:53	107	2:32	2.00	8:49	4:24	5		68	2:32
Runde Langstrec	2.00	8:45	4:22	8	0:28	106	2:22	4.00	17:34	4:23	5		63	4:54
Runde Langstrec	2.00	8:50	4:25	8	0:23	95	2:22	6.00	26:24	4:23	5		68	7:16
Runde Langstrec	2.00	8:51	4:25	7	0:20	89	2:27	8.00	35:15	4:24	5		62	9:43
Leichtathletikh	2.00	8:37	4:18	7	0:24	96	2:34	10.00	43:52	4:23	7	2:20	97	12:17