



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Althaus, Harald

Number: 1704

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:37

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 192 (of 637)

Rank in course/Men: 181 (of 493)

Best time in course: 31:35

Rank in category: 26(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	9:26	4:43	25	1:30	175	3:09	2.00	9:26	4:43	15		83	3:09
Runde Langstrec	2.00	9:29	4:44	29	1:12	191	3:06	4.00	18:55	4:43	15		146	6:15
Runde Langstrec	2.00	9:39	4:49	29	1:12	198	3:11	6.00	28:34	4:45	15		146	9:26
Runde Langstrec	2.00	9:49	4:54	32	1:18	204	3:25	8.00	38:23	4:47	15		145	12:51
Leichtathletikhal	2.00	9:14	4:36	20	1:01	167	3:11	10.00	47:37	4:45	26	6:05	181	16:02