



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mölders, Martin

Club: SV Arnstadt 09

Number: 1624

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:00

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 156 (of 637)

Rank in course/Men: 150 (of 493)

Best time in course: 31:35

Rank in category: 14(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	9:04	4:31	14	1:08	128	2:47	2.00	9:04	4:31	17		125	2:47
Runde Langstrec	2.00	9:11	4:35	19	0:54	164	2:48	4.00	18:15	4:33	17		117	5:35
Runde Langstrec	2.00	9:19	4:39	18	0:52	162	2:51	6.00	27:34	4:35	17		153	8:26
Runde Langstrec	2.00	9:20	4:40	17	0:49	154	2:56	8.00	36:54	4:36	17		152	11:22
Leichtathletikh	2.00	9:06	4:32	16	0:53	149	3:03	10.00	46:00	4:35	14	4:28	150	14:25