



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Liehr, Heiko

Club: SV Winterstein 90 e.V.

Number: 1608

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:55

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 183 (of 637)

Rank in course/Men: 173 (of 493)

Best time in course: 31:35

Rank in category: 20(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	9:12	4:35	19	1:16	146	2:55	2.00	9:12	4:35	11		121	2:55
Runde Langstrec	2.00	9:18	4:39	22	1:01	173	2:55	4.00	18:30	4:37	21		162	5:50
Runde Langstrec	2.00	9:22	4:41	20	0:55	165	2:54	6.00	27:52	4:38	20		161	8:44
Runde Langstrec	2.00	9:40	4:49	24	1:09	184	3:16	8.00	37:32	4:41	20		160	12:00
Leichtathletikhal	2.00	9:23	4:41	25	1:10	183	3:20	10.00	46:55	4:41	20	5:23	173	15:20