



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Junne, Ralf

Club: Kursarena

Number: 1533

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:46

Speed: 12.06 km/h

Running performance: 4:59 min/km

Rank in course/Total: 253 (of 637)

Rank in course/Men: 234 (of 493)

Best time in course: 31:35

Rank in category: 40(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	10:51	5:25	60	2:55	308	4:34	2.00	10:51	5:25	22	0:46	166	4:34
Runde Langstrec	2.00	9:37	4:48	33	1:20	213	3:14	4.00	20:28	5:06	22	0:11	166	7:48
Runde Langstrec	2.00	9:39	4:49	29	1:12	198	3:11	6.00	30:07	5:01	21		165	10:59
Runde Langstrec	2.00	9:57	4:58	37	1:26	221	3:33	8.00	40:04	5:00	21		164	14:32
Leichtathletikhal	2.00	9:42	4:50	36	1:29	221	3:39	10.00	49:46	4:58	40	8:14	234	18:11