



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hoose, Karl-Georg

Club: SWE

Number: 1377

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:43

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 277 (of 637)

Rank in course/Men: 252 (of 493)

Best time in course: 31:35

Rank in category: 47(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	10:04	5:01	41	2:08	230	3:47	2.00	10:04	5:01	23		169	3:47
Runde Langstrec	2.00	9:51	4:55	45	1:34	242	3:28	4.00	19:55	4:58	23		169	7:15
Runde Langstrec	2.00	10:13	5:06	54	1:46	269	3:45	6.00	30:08	5:01	22		168	11:00
Runde Langstrec	2.00	10:24	5:12	58	1:53	279	4:00	8.00	40:32	5:03	22		167	15:00
Leichtathletikhal	2.00	10:11	5:05	52	1:58	285	4:08	10.00	50:43	5:04	47	9:11	252	19:08