



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Witt, Ronalt

Club: Oldisleben

Number: 1157

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:11

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 265 (of 637)

Rank in course/Men: 245 (of 493)

Best time in course: 31:35

Rank in category: 44(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	9:43	4:51	32	1:47	202	3:26	2.00	9:43	4:51	24		151	3:26
Runde Langstrec	2.00	9:37	4:48	33	1:20	213	3:14	4.00	19:20	4:49	24		170	6:40
Runde Langstrec	2.00	10:06	5:02	48	1:39	252	3:38	6.00	29:26	4:54	23		169	10:18
Runde Langstrec	2.00	10:27	5:13	62	1:56	289	4:03	8.00	39:53	4:59	23		168	14:21
Leichtathletikh	2.00	10:18	5:09	60	2:05	302	4:15	10.00	50:11	5:01	44	8:39	245	18:36