



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Treßlet, Frank

Club: SV Großbreitenbach

Number: 1664

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:42

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 249 (of 637)

Rank in course/Men: 231 (of 493)

Best time in course: 31:35

Rank in category: 38(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	10:01	5:00	38	2:05	225	3:44	2.00	10:01	5:00	32		195	3:44
Runde Langstrec	2.00	9:33	4:46	30	1:16	203	3:10	4.00	19:34	4:53	32		195	6:54
Runde Langstrec	2.00	9:55	4:57	37	1:28	232	3:27	6.00	29:29	4:54	31		194	10:21
Runde Langstrec	2.00	9:58	4:59	38	1:27	223	3:34	8.00	39:27	4:55	31		193	13:55
Leichtathletikhal	2.00	10:15	5:07	57	2:02	297	4:12	10.00	49:42	4:58	38	8:10	231	18:07