



## 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

### Detailed evaluation

**Albin, Lutz**

Club: LTV Erfurt e.V

Number: 1199

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

**Total time: 48:41**

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 217 (of 637)

Rank in course/Men: 202 (of 493)

Best time in course: 31:35

Rank in category: 31(of 103)

Best time in the category: 41:32

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 9:11          | 4:35            | 18          | 1:15           | 145        | 2:54          | 2.00        | 9:11          | 4:35            | 33          |                | 199        | 2:54          |
| Runde Langstrec   | 2.00        | 9:36          | 4:47            | 31          | 1:19           | 211        | 3:13          | 4.00        | 18:47         | 4:41            | 33          |                | 199        | 6:07          |
| Runde Langstrec   | 2.00        | 10:01         | 5:00            | 42          | 1:34           | 241        | 3:33          | 6.00        | 28:48         | 4:47            | 32          |                | 198        | 9:40          |
| Runde Langstrec   | 2.00        | 10:03         | 5:01            | 41          | 1:32           | 237        | 3:39          | 8.00        | 38:51         | 4:51            | 32          |                | 197        | 13:19         |
| Leichtathletikhal | 2.00        | 9:50          | 4:55            | 40          | 1:37           | 245        | 3:47          | 10.00       | 48:41         | 4:52            | 31          | 7:09           | 202        | 17:06         |