



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Golombek, Manfred**

Club: Berlin-Müggelheim

Number: 1240

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:04

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 260 (of 637)

Rank in course/Men: 240 (of 493)

Best time in course: 31:35

Rank in category: 42(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        | 10:28         | 5:14            | 52          | 2:32           | 265        | 4:11          | 2.00        | 10:28         | 5:14            | 35          | 0:23           | 205        | 4:11          |
| Runde Langstrec   | 2.00        | 9:46          | 4:53            | 38          | 1:29           | 226        | 3:23          | 4.00        | 20:14         | 5:03            | 35          |                | 205        | 7:34          |
| Runde Langstrec   | 2.00        | 9:58          | 4:59            | 38          | 1:31           | 234        | 3:30          | 6.00        | 30:12         | 5:01            | 34          |                | 204        | 11:04         |
| Runde Langstrec   | 2.00        | 10:02         | 5:00            | 40          | 1:31           | 236        | 3:38          | 8.00        | 40:14         | 5:01            | 34          |                | 203        | 14:42         |
| Leichtathletikhal | 2.00        | 9:50          | 4:55            | 40          | 1:37           | 245        | 3:47          | 10.00       | 50:04         | 5:00            | 42          | 8:32           | 240        | 18:29         |