



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ungelenk, Bernd

Club: Wandersleben

Number: 1374

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:55

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 291 (of 637)

Rank in course/Men: 264 (of 493)

Best time in course: 31:35

Rank in category: 51(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	10:41	5:20	58	2:45	295	4:24	2.00	10:41	5:20	38	0:36	217	4:24
Runde Langstrec	2.00	10:16	5:08	60	1:59	294	3:53	4.00	20:57	5:14	38	0:40	217	8:17
Runde Langstrec	2.00	10:05	5:02	46	1:38	247	3:37	6.00	31:02	5:10	37	0:33	216	11:54
Runde Langstrec	2.00	10:03	5:01	41	1:32	237	3:39	8.00	41:05	5:08	37	0:20	169	15:33
Leichtathletikhal	2.00	9:50	4:55	40	1:37	245	3:47	10.00	50:55	5:05	51	9:23	264	19:20