



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mentzel, Michael

Club: LTV Erfurt

Number: 1110

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:34

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 304 (of 637)

Rank in course/Men: 273 (of 493)

Best time in course: 31:35

Rank in category: 55(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	10:35	5:17	53	2:39	272	4:18	2.00	10:35	5:17	39	0:30	213	4:18
Runde Langstrec	2.00	10:01	5:00	51	1:44	263	3:38	4.00	20:36	5:09	39	0:19	221	7:56
Runde Langstrec	2.00	10:16	5:08	56	1:49	276	3:48	6.00	30:52	5:08	38	0:23	220	11:44
Runde Langstrec	2.00	10:28	5:14	63	1:57	290	4:04	8.00	41:20	5:10	38	0:35	176	15:48
Leichtathletikhal	2.00	10:14	5:06	56	2:01	295	4:11	10.00	51:34	5:09	55	10:02	273	19:59