



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schermesser, Jürgen

Club: speedy hares

Number: 1175

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:09

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 317 (of 637)

Rank in course/Men: 285 (of 493)

Best time in course: 31:35

Rank in category: 58(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	10:36	5:17	54	2:40	276	4:19	2.00	10:36	5:17	29	0:31	185	4:19
Runde Langstrec	2.00	10:22	5:11	63	2:05	310	3:59	4.00	20:58	5:14	43	0:41	239	8:18
Runde Langstrec	2.00	10:25	5:12	64	1:58	302	3:57	6.00	31:23	5:13	42	0:54	238	12:15
Runde Langstrec	2.00	10:23	5:11	57	1:52	278	3:59	8.00	41:46	5:13	42	1:01	237	16:14
Leichtathletikh	2.00	10:23	5:11	63	2:10	313	4:20	10.00	52:09	5:12	58	10:37	285	20:34