



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Kriening, Henry

Number: 1609

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:12

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 320 (of 637)

Rank in course/Men: 287 (of 493)

Best time in course: 31:35

Rank in category: 60(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        | 11:39         | 5:49            | 84          | 3:43           | 386        | 5:22          | 2.00        | 11:39         | 5:49            | 46          | 1:34           | 243        | 5:22          |
| Runde Langstrec | 2.00        | 10:24         | 5:12            | 65          | 2:07           | 317        | 4:01          | 4.00        | 22:03         | 5:30            | 46          | 1:46           | 228        | 9:23          |
| Runde Langstrec | 2.00        | 10:11         | 5:05            | 51          | 1:44           | 262        | 3:43          | 6.00        | 32:14         | 5:22            | 45          | 1:45           | 227        | 13:06         |
| Runde Langstrec | 2.00        | 10:09         | 5:04            | 45          | 1:38           | 248        | 3:45          | 8.00        | 42:23         | 5:17            | 45          | 1:38           | 225        | 16:51         |
| Leichtathletikh | 2.00        | 9:49          | 4:54            | 39          | 1:36           | 244        | 3:46          | 10.00       | 52:12         | 5:13            | 60          | 10:40          | 287        | 20:37         |