



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Janke, Claus

Club: Erfurt

Number: 1095

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:50

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 374 (of 637)

Rank in course/Men: 333 (of 493)

Best time in course: 31:35

Rank in category: 70(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	11:11	5:35	73	3:15	340	4:54	2.00	11:11	5:35	47	1:06	246	4:54
Runde Langstrec	2.00	10:40	5:19	73	2:23	352	4:17	4.00	21:51	5:27	47	1:34	246	9:11
Runde Langstrec	2.00	10:38	5:18	69	2:11	329	4:10	6.00	32:29	5:24	46	2:00	245	13:21
Runde Langstrec	2.00	10:38	5:18	68	2:07	320	4:14	8.00	43:07	5:23	46	2:22	244	17:35
Leichtathletikhal	2.00	10:43	5:21	72	2:30	354	4:40	10.00	53:50	5:23	70	12:18	333	22:15