



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Beyer, Jürgen

Club: LV Kirchberg 06

Number: 1122

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:12

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 383 (of 637)

Rank in course/Men: 341 (of 493)

Best time in course: 31:35

Rank in category: 11(of 24)

Best time in the category: 43:58

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	10:47	5:23	9	2:19	302	4:30	2.00	10:47	5:23	20	0:05	252	4:30
Runde Langstrec	2.00	10:51	5:25	13	2:04	372	4:28	4.00	21:38	5:24	20	0:35	258	8:58
Runde Langstrec	2.00	11:02	5:30	12	2:06	376	4:34	6.00	32:40	5:26	20	1:13	254	13:32
Runde Langstrec	2.00	10:52	5:26	10	1:53	344	4:28	8.00	43:32	5:26	19	1:28	256	18:00
Leichtathletikhal	2.00	10:40	5:19	11	1:52	349	4:37	10.00	54:12	5:25	11	10:14	341	22:37