



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bäster, Manfred

Club: SC-Impuls Erfurt

Number: 1233

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 1:01:45

Speed: 9.72 km/h

Running performance: 6:11 min/km

Rank in course/Total: 578 (of 637)

Rank in course/Men: 464 (of 493)

Best time in course: 31:35

Rank in category: 6(of 8)

Best time in the category: 47:40

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	12:44	6:21	7	3:40	467	6:27	2.00	12:44	6:21	2	3:40	273	6:27
Runde Langstrec	2.00	11:53	5:56	6	2:30	467	5:30	4.00	24:37	6:09	2	6:10	273	11:57
Runde Langstrec	2.00	12:16	6:08	6	2:41	464	5:48	6.00	36:53	6:08	2	8:51	272	17:45
Runde Langstrec	2.00	12:29	6:14	6	2:39	460	6:05	8.00	49:22	6:10	2	11:30	271	23:50
Leichtathletikh	2.00	12:23	6:11	6	2:35	459	6:20	10.00	1:01:45	6:10	6	14:05	464	30:10