



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rosahl, Steffen

Club: Erfurt

Number: 1116

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 541 (of 637)

Rank in course/Men: 450 (of 493)

Best time in course: 31:35

Rank in category: 95(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	12:33	6:16	98	4:37	456	6:16	2.00	12:33	6:16	54	2:28	278	6:16
Runde Langstrec	2.00	11:36	5:47	97	3:19	451	5:13	4.00	24:09	6:02	54	3:52	278	11:29
Runde Langstrec	2.00	11:58	5:59	94	3:31	452	5:30	6.00	36:07	6:01	53	5:38	277	16:59
Runde Langstrec	2.00	12:12	6:05	94	3:41	454	5:48	8.00	48:19	6:02	53	7:34	276	22:47
Leichtathletikhal	2.00	11:10	5:34	83	2:57	397	5:07	10.00	59:29	5:56	95	17:57	450	27:54