



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Richter, Konrad

Club: GutsMuths Rennsteiglaufverein

Number: 1186

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:13

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 385 (of 637)

Rank in course/Men: 342 (of 493)

Best time in course: 31:35

Rank in category: 12(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	10:32	5:15	7	2:04	268	4:15	2.00	10:32	5:15	18		261	4:15
Runde Langstrec	2.00	10:51	5:25	13	2:04	372	4:28	4.00	21:23	5:20	18	0:20	279	8:43
Runde Langstrec	2.00	11:05	5:32	14	2:09	384	4:37	6.00	32:28	5:24	18	1:01	278	13:20
Runde Langstrec	2.00	11:07	5:33	12	2:08	376	4:43	8.00	43:35	5:26	17	1:31	277	18:03
Leichtathletikh	2.00	10:38	5:18	10	1:50	343	4:35	10.00	54:13	5:25	12	10:15	342	22:38