



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Matthes, Jan

Club: Laufftreff Breitungen

Number: 1557

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:25

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 540 (of 637)

Rank in course/Men: 449 (of 493)

Best time in course: 31:35

Rank in category: 94(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	11:10	5:34	71	3:14	337	4:53	2.00	11:10	5:34	48	1:05	250	4:53
Runde Langstrec	2.00	11:37	5:48	98	3:20	454	5:14	4.00	22:47	5:41	55	2:30	280	10:07
Runde Langstrec	2.00	12:15	6:07	97	3:48	463	5:47	6.00	35:02	5:50	54	4:33	279	15:54
Runde Langstrec	2.00	12:14	6:06	95	3:43	455	5:50	8.00	47:16	5:54	54	6:31	278	21:44
Leichtathletikhal	2.00	12:09	6:04	96	3:56	450	6:06	10.00	59:25	5:56	94	17:53	449	27:50