



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen

Number: 1274

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 55:14

Speed: 10.86 km/h

Running performance: 5:31 min/km

Rank in course/Total: 427 (of 637)

Rank in course/Men: 374 (of 493)

Best time in course: 31:35

Rank in category: 3(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	10:58	5:29	3	1:54	319	4:41	2.00	10:58	5:29	3	1:54	284	4:41
Runde Langstrec	2.00	11:11	5:35	3	1:48	406	4:48	4.00	22:09	5:32	3	3:42	284	9:29
Runde Langstrec	2.00	11:06	5:32	3	1:31	386	4:38	6.00	33:15	5:32	3	5:13	283	14:07
Runde Langstrec	2.00	11:04	5:31	3	1:14	368	4:40	8.00	44:19	5:32	3	6:27	282	18:47
Leichtathletikh	2.00	10:55	5:27	3	1:07	371	4:52	10.00	55:14	5:31	3	7:34	374	23:39