



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Keppler, Bernd**

Club: Team 1434 Weißensee

Number: 1123

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:24

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 393 (of 637)

Rank in course/Men: 349 (of 493)

Best time in course: 31:35

Rank in category: 13(of 24)

Best time in the category: 43:58

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 11:02         | 5:30            | 12          | 2:34           | 323        | 4:45          | 2.00        | 11:02         | 5:30            | 7           | 0:20           | 253        | 4:45          |
| Runde Langstrec   | 2.00        | 10:22         | 5:11            | 7           | 1:35           | 310        | 3:59          | 4.00        | 21:24         | 5:20            | 17          | 0:21           | 293        | 8:44          |
| Runde Langstrec   | 2.00        | 10:36         | 5:17            | 9           | 1:40           | 321        | 4:08          | 6.00        | 32:00         | 5:19            | 15          | 0:33           | 292        | 12:52         |
| Runde Langstrec   | 2.00        | 11:15         | 5:37            | 14          | 2:16           | 387        | 4:51          | 8.00        | 43:15         | 5:24            | 16          | 1:11           | 291        | 17:43         |
| Leichtathletikhal | 2.00        | 11:09         | 5:34            | 15          | 2:21           | 393        | 5:06          | 10.00       | 54:24         | 5:26            | 13          | 10:26          | 349        | 22:49         |