



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Drüge, Uwe

Number: 1645

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:56

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 439 (of 637)

Rank in course/Men: 383 (of 493)

Best time in course: 31:35

Rank in category: 78(of 103)

Best time in the category: 41:32

## 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        | 10:39         | 5:19            | 56          | 2:43           | 289        | 4:22          | 2.00        | 10:39         | 5:19            | 62          | 0:34           | 176        | 4:22          |
| Runde Langstrec   | 2.00        | 10:57         | 5:28            | 80          | 2:40           | 385        | 4:34          | 4.00        | 21:36         | 5:24            | 62          | 1:19           | 303        | 8:56          |
| Runde Langstrec   | 2.00        | 11:25         | 5:42            | 83          | 2:58           | 412        | 4:57          | 6.00        | 33:01         | 5:30            | 61          | 2:32           | 302        | 13:53         |
| Runde Langstrec   | 2.00        | 11:42         | 5:50            | 88          | 3:11           | 424        | 5:18          | 8.00        | 44:43         | 5:35            | 61          | 3:58           | 301        | 19:11         |
| Leichtathletikhal | 2.00        | 11:13         | 5:36            | 84          | 3:00           | 406        | 5:10          | 10.00       | 55:56         | 5:35            | 78          | 14:24          | 383        | 24:21         |