



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rentsch, Ernst

Club: Bad BERKA

Number: 1638

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 55:40

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 433 (of 637)

Rank in course/Men: 377 (of 493)

Best time in course: 31:35

Rank in category: 15(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	11:07	5:33	14	2:39	332	4:50	2.00	11:07	5:33	16	0:25	308	4:50
Runde Langstrec	2.00	11:00	5:30	15	2:13	389	4:37	4.00	22:07	5:31	16	1:04	224	9:27
Runde Langstrec	2.00	11:10	5:34	15	2:14	392	4:42	6.00	33:17	5:32	16	1:50	307	14:09
Runde Langstrec	2.00	11:24	5:42	15	2:25	402	5:00	8.00	44:41	5:35	15	2:37	267	19:09
Leichtathletikh	2.00	10:59	5:29	13	2:11	378	4:56	10.00	55:40	5:33	15	11:42	377	24:05