



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grosser, Dietmar

Club: GMRLV

Number: 1709

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:09

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 382 (of 637)

Rank in course/Men: 340 (of 493)

Best time in course: 31:35

Rank in category: 10(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	10:26	5:13	5	1:58	264	4:09	2.00	10:26	5:13	15		309	4:09
Runde Langstrec	2.00	10:49	5:24	12	2:02	368	4:26	4.00	21:15	5:18	15	0:12	309	8:35
Runde Langstrec	2.00	10:45	5:22	11	1:49	342	4:17	6.00	32:00	5:19	15	0:33	292	12:52
Runde Langstrec	2.00	11:09	5:34	13	2:10	380	4:45	8.00	43:09	5:23	14	1:05	307	17:37
Leichtathletikh	2.00	11:00	5:30	14	2:12	381	4:57	10.00	54:09	5:24	10	10:11	340	22:34