



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit

Number: 1104

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:29

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 367 (of 637)

Rank in course/Men: 327 (of 493)

Best time in course: 31:35

Rank in category: 68(of 103)

Best time in the category: 41:32

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	11:16	5:38	78	3:20	351	4:59	2.00	11:16	5:38	71	1:11	346	4:59
Runde Langstrec	2.00	10:12	5:05	56	1:55	281	3:49	4.00	21:28	5:21	71	1:11	346	8:48
Runde Langstrec	2.00	10:30	5:15	68	2:03	315	4:02	6.00	31:58	5:19	70	1:29	345	12:50
Runde Langstrec	2.00	10:42	5:20	71	2:11	327	4:18	8.00	42:40	5:19	70	1:55	344	17:08
Leichtathletikhal	2.00	10:49	5:24	77	2:36	364	4:46	10.00	53:29	5:20	68	11:57	327	21:54