



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mahn, Hans-Jürgen

Club: Erfurt

Number: 1211

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:33

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 336 (of 637)

Rank in course/Men: 301 (of 493)

Best time in course: 31:35

Rank in category: 62(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	10:40	5:19	57	2:44	291	4:23	2.00	10:40	5:19	75	0:35	269	4:23
Runde Langstrec	2.00	10:12	5:05	56	1:55	281	3:49	4.00	20:52	5:13	75	0:35	355	8:12
Runde Langstrec	2.00	10:18	5:09	58	1:51	279	3:50	6.00	31:10	5:11	74	0:41	354	12:02
Runde Langstrec	2.00	10:37	5:18	67	2:06	317	4:13	8.00	41:47	5:13	74	1:02	353	16:15
Leichtathletikh	2.00	10:46	5:23	76	2:33	363	4:43	10.00	52:33	5:15	62	11:01	301	20:58