



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Thomas, Jochen

Club: Bad Langensalza

Number: 1585

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:07

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 359 (of 637)

Rank in course/Men: 321 (of 493)

Best time in course: 31:35

Rank in category: 67(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	11:05	5:32	67	3:09	329	4:48	2.00	11:05	5:32	79	1:00	227	4:48
Runde Langstrec	2.00	10:19	5:09	62	2:02	299	3:56	4.00	21:24	5:20	79	1:07	293	8:44
Runde Langstrec	2.00	10:23	5:11	61	1:56	293	3:55	6.00	31:47	5:17	78	1:18	369	12:39
Runde Langstrec	2.00	10:41	5:20	69	2:10	325	4:17	8.00	42:28	5:18	78	1:43	228	16:56
Leichtathletikhal	2.00	10:39	5:19	69	2:26	344	4:36	10.00	53:07	5:18	67	11:35	321	21:32