



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Peschke, Steffen

Club: sc impuls erfurt e.V.

Number: 1314

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:45

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 176 (of 637)

Rank in course/Men: 168 (of 493)

Best time in course: 31:35

Rank in category: 18(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	9:06	4:32	15	1:10	134	2:49	2.00	9:06	4:32	82		395	2:49
Runde Langstrec	2.00	9:10	4:34	16	0:53	158	2:47	4.00	18:16	4:33	82		395	5:36
Runde Langstrec	2.00	9:28	4:44	24	1:01	177	3:00	6.00	27:44	4:37	81		91	8:36
Runde Langstrec	2.00	9:36	4:47	22	1:05	176	3:12	8.00	37:20	4:40	35		208	11:48
Leichtathletikh	2.00	9:25	4:42	26	1:12	189	3:22	10.00	46:45	4:40	18	5:13	168	15:10