



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schlegel, Andreas

Number: 1723

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:07

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 184 (of 637)

Rank in course/Men: 174 (of 493)

Best time in course: 31:35

Rank in category: 21(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	10:04	5:01	41	2:08	230	3:47	2.00	10:04	5:01	23		169	3:47
Runde Langstrec	2.00	9:02	4:30	13	0:45	146	2:39	4.00	19:06	4:46	83		91	6:26
Runde Langstrec	2.00	9:25	4:42	23	0:58	171	2:57	6.00	28:31	4:45	82		396	9:23
Runde Langstrec	2.00	9:27	4:43	19	0:56	165	3:03	8.00	37:58	4:44	82		392	12:26
Leichtathletikh	2.00	9:09	4:34	18	0:56	158	3:06	10.00	47:07	4:42	21	5:35	174	15:32