



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kulich, Rainer

Club: Erfurt

Number: 1320

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:16

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 326 (of 637)

Rank in course/Men: 292 (of 493)

Best time in course: 31:35

Rank in category: 61(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	11:07	5:33	69	3:11	332	4:50	2.00	11:07	5:33	84	1:02	308	4:50
Runde Langstrec	2.00	10:23	5:11	64	2:06	314	4:00	4.00	21:30	5:22	84	1:13	383	8:50
Runde Langstrec	2.00	10:13	5:06	54	1:46	269	3:45	6.00	31:43	5:17	83	1:14	377	12:35
Runde Langstrec	2.00	10:17	5:08	52	1:46	266	3:53	8.00	42:00	5:15	83	1:15	403	16:28
Leichtathletikh	2.00	10:16	5:08	58	2:03	300	4:13	10.00	52:16	5:13	61	10:44	292	20:41