



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Mieth, Michael

Club: ANNAKRAM e.V.

Number: 1393

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 58:00

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 501 (of 637)

Rank in course/Men: 422 (of 493)

Best time in course: 31:35

Rank in category: 87(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	12:12	6:05	91	4:16	435	5:55	2.00	12:12	6:05	85	2:07	301	5:55
Runde Langstrec	2.00	11:33	5:46	93	3:16	445	5:10	4.00	23:45	5:56	85	3:28	410	11:05
Runde Langstrec	2.00	12:03	6:01	96	3:36	455	5:35	6.00	35:48	5:57	84	5:19	409	16:40
Runde Langstrec	2.00	11:28	5:44	83	2:57	411	5:04	8.00	47:16	5:54	54	6:31	278	21:44
Leichtathletikhal	2.00	10:44	5:21	73	2:31	356	4:41	10.00	58:00	5:47	87	16:28	422	26:25