



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Döring, Frank

Club: SWE

Number: 1378

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 58:45

Speed: 10.21 km/h

Running performance: 5:53 min/km

Rank in course/Total: 524 (of 637)

Rank in course/Men: 436 (of 493)

Best time in course: 31:35

Rank in category: 88(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	11:57	5:58	88	4:01	419	5:40	2.00	11:57	5:58	51	1:52	259	5:40
Runde Langstrec	2.00	11:32	5:46	91	3:15	441	5:09	4.00	23:29	5:52	51	3:12	259	10:49
Runde Langstrec	2.00	11:44	5:51	89	3:17	436	5:16	6.00	35:13	5:52	50	4:44	258	16:05
Runde Langstrec	2.00	11:52	5:56	91	3:21	435	5:28	8.00	47:05	5:53	50	6:20	257	21:33
Leichtathletikhal	2.00	11:40	5:49	91	3:27	433	5:37	10.00	58:45	5:52	88	17:13	436	27:10