



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fritzlar, Helge

Club: Mühlhäuser Röblinglauf e.V.

Number: 1386

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:23

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 454 (of 637)

Rank in course/Men: 391 (of 493)

Best time in course: 31:35

Rank in category: 79(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	11:26	5:43	79	3:30	364	5:09	2.00	11:26	5:43	87	1:21	313	5:09
Runde Langstrec	2.00	11:11	5:35	87	2:54	406	4:48	4.00	22:37	5:39	87	2:20	394	9:57
Runde Langstrec	2.00	11:18	5:39	80	2:51	404	4:50	6.00	33:55	5:39	86	3:26	422	14:47
Runde Langstrec	2.00	11:28	5:44	83	2:57	411	5:04	8.00	45:23	5:40	86	4:38	250	19:51
Leichtathletikhal	2.00	11:00	5:30	80	2:47	381	4:57	10.00	56:23	5:38	79	14:51	391	24:48