



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Krüger, Carsten

Club: Kromsdorf

Number: 1109

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:31

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 397 (of 637)

Rank in course/Men: 351 (of 493)

Best time in course: 31:35

Rank in category: 73(of 103)

Best time in the category: 41:32

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 11:31         | 5:45            | 80          | 3:35           | 370        | 5:14          | 2.00        | 11:31         | 5:45            | 18          | 1:26           | 155        | 5:14          |
| Runde Langstrec   | 2.00        | 11:33         | 5:46            | 93          | 3:16           | 445        | 5:10          | 4.00        | 23:04         | 5:46            | 92          | 2:47           | 445        | 10:24         |
| Runde Langstrec   | 2.00        | 11:52         | 5:56            | 93          | 3:25           | 446        | 5:24          | 6.00        | 34:56         | 5:49            | 91          | 4:27           | 444        | 15:48         |
| Runde Langstrec   | 2.00        | 9:38          | 4:48            | 23          | 1:07           | 181        | 3:14          | 8.00        | 44:34         | 5:34            | 91          | 3:49           | 440        | 19:02         |
| Leichtathletikhal | 2.00        | 9:57          | 4:58            | 46          | 1:44           | 264        | 3:54          | 10.00       | 54:31         | 5:27            | 73          | 12:59          | 351        | 22:56         |