



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt

Number: 1100

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:19

Speed: 14.18 km/h

Running performance: 4:14 min/km

Rank in course/Total: 66 (of 637)

Rank in course/Men: 64 (of 493)

Best time in course: 31:35

Rank in category: 3(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	8:06	4:02	2	0:10	52	1:49	2.00	8:06	4:02	4			62	1:49
Runde Langstrec	2.00	8:24	4:12	3	0:07	61	2:01	4.00	16:30	4:07	4			62	3:50
Runde Langstrec	2.00	8:35	4:17	4	0:08	68	2:07	6.00	25:05	4:10	4			45	5:57
Runde Langstrec	2.00	8:40	4:19	3	0:09	68	2:16	8.00	33:45	4:13	4			61	8:13
Leichtathletikhal	2.00	8:34	4:16	5	0:21	90	2:31	10.00	42:19	4:13	3	0:47		64	10:44