



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schuch, Joachim

Club: BW Weißensee Team 1434

Number: 1359

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:49

Speed: 12.55 km/h

Running performance: 4:47 min/km

Rank in course/Total: 199 (of 637)

Rank in course/Men: 187 (of 493)

Best time in course: 31:35

Rank in category: 27(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	10:13	5:06	45	2:17	239	3:56	2.00	10:13	5:06	20	0:08	161	3:56
Runde Langstrec	2.00	9:22	4:41	24	1:05	178	2:59	4.00	19:35	4:53	20		161	6:55
Runde Langstrec	2.00	9:24	4:42	22	0:57	169	2:56	6.00	28:59	4:49	19		160	9:51
Runde Langstrec	2.00	9:30	4:45	21	0:59	168	3:06	8.00	38:29	4:48	19		159	12:57
Leichtathletikhal	2.00	9:20	4:40	23	1:07	176	3:17	10.00	47:49	4:46	27	6:17	187	16:14