



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kunz, Hans-Jürgen

Club: Erfurt

Number: 1125

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 51:06

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 295 (of 637)

Rank in course/Men: 268 (of 493)

Best time in course: 31:35

Rank in category: 4(of 24)

Best time in the category: 43:58

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	10:19	5:09	4	1:51	250	4:02	2.00	10:19	5:09	23		177	4:02
Runde Langstrec	2.00	9:54	4:57	4	1:07	255	3:31	4.00	20:13	5:03	23		177	7:33
Runde Langstrec	2.00	10:11	5:05	4	1:15	262	3:43	6.00	30:24	5:03	23		176	11:16
Runde Langstrec	2.00	10:20	5:10	4	1:21	274	3:56	8.00	40:44	5:05	22		175	15:12
Leichtathletikh	2.00	10:22	5:11	6	1:34	311	4:19	10.00	51:06	5:06	4	7:08	268	19:31