



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Treßlet, Frank

Club: SV Großbreitenbach

Number: 1664

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:42

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 249 (of 637)

Rank in course/Men: 231 (of 493)

Best time in course: 31:35

Rank in category: 38(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 | 10:01 | 5:00 | 38 | 2:05 | 225 | 3:44 | 2.00 | 10:01 | 5:00 | 32 | | 195 | 3:44 |
| Runde Langstrec | 2.00 | 9:33 | 4:46 | 30 | 1:16 | 203 | 3:10 | 4.00 | 19:34 | 4:53 | 32 | | 195 | 6:54 |
| Runde Langstrec | 2.00 | 9:55 | 4:57 | 37 | 1:28 | 232 | 3:27 | 6.00 | 29:29 | 4:54 | 31 | | 194 | 10:21 |
| Runde Langstrec | 2.00 | 9:58 | 4:59 | 38 | 1:27 | 223 | 3:34 | 8.00 | 39:27 | 4:55 | 31 | | 193 | 13:55 |
| Leichtathletikh | 2.00 | 10:15 | 5:07 | 57 | 2:02 | 297 | 4:12 | 10.00 | 49:42 | 4:58 | 38 | 8:10 | 231 | 18:07 |