



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Golombek, Manfred

Club: Berlin-Müggelheim

Number: 1240

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:04

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 260 (of 637)

Rank in course/Men: 240 (of 493)

Best time in course: 31:35

Rank in category: 42(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	10:28	5:14	52	2:32	265	4:11	2.00	10:28	5:14	35	0:23	205	4:11
Runde Langstrec	2.00	9:46	4:53	38	1:29	226	3:23	4.00	20:14	5:03	35		205	7:34
Runde Langstrec	2.00	9:58	4:59	38	1:31	234	3:30	6.00	30:12	5:01	34		204	11:04
Runde Langstrec	2.00	10:02	5:00	40	1:31	236	3:38	8.00	40:14	5:01	34		203	14:42
Leichtathletikhal	2.00	9:50	4:55	40	1:37	245	3:47	10.00	50:04	5:00	42	8:32	240	18:29