



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Koch, Thomas

Club: LAC Team Eichsfeld

Number: 1680

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:02

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 293 (of 637)

Rank in course/Men: 266 (of 493)

Best time in course: 31:35

Rank in category: 52(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	11:14	5:36	77	3:18	346	4:57	2.00	11:14	5:36	40	1:09	223	4:57	
Runde Langstrec	2.00	10:11	5:05	55	1:54	280	3:48	4.00	21:25	5:21	40	1:08	223	8:45	
Runde Langstrec	2.00	10:00	5:00	40	1:33	239	3:32	6.00	31:25	5:14	39	0:56	222	12:17	
Runde Langstrec	2.00	9:55	4:57	35	1:24	215	3:31	8.00	41:20	5:10	38	0:35	176	15:48	
Leichtathletikhal	2.00	9:42	4:50	36	1:29	221	3:39	10.00	51:02	5:06	52	9:30	266	19:27	