



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

John, Andreas

Club: DJK Dingelstädt

Number: 1532

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:29

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 461 (of 637)

Rank in course/Men: 394 (of 493)

Best time in course: 31:35

Rank in category: 80(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	12:30	6:15	97	4:34	454	6:13	2.00	12:30	6:15	57	2:25	283	6:13
Runde Langstrec	2.00	11:11	5:35	87	2:54	406	4:48	4.00	23:41	5:55	57	3:24	283	11:01
Runde Langstrec	2.00	11:03	5:31	75	2:36	377	4:35	6.00	34:44	5:47	56	4:15	282	15:36
Runde Langstrec	2.00	11:06	5:32	78	2:35	374	4:42	8.00	45:50	5:43	56	5:05	281	20:18
Leichtathletikhal	2.00	10:39	5:19	69	2:26	344	4:36	10.00	56:29	5:38	80	14:57	394	24:54