



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Keppler, Bernd**

Club: Team 1434 Weißensee

Number: 1123

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:24

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 393 (of 637)

Rank in course/Men: 349 (of 493)

Best time in course: 31:35

Rank in category: 13(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.	Stage score		Total		Total		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	11:02	5:30	12	2:34	323	4:45	2.00	11:02	5:30	7	0:20	253	4:45
Runde Langstrec	2.00	10:22	5:11	7	1:35	310	3:59	4.00	21:24	5:20	17	0:21	293	8:44
Runde Langstrec	2.00	10:36	5:17	9	1:40	321	4:08	6.00	32:00	5:19	15	0:33	292	12:52
Runde Langstrec	2.00	11:15	5:37	14	2:16	387	4:51	8.00	43:15	5:24	16	1:11	291	17:43
Leichtathletikhal	2.00	11:09	5:34	15	2:21	393	5:06	10.00	54:24	5:26	13	10:26	349	22:49