



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rienow, Detlef

Club: Erfurt
Number: 1425

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M50 (50-59 Jahre)

Total time: 59:09

Speed: 10.14 km/h
Running performance: 5:55 min/km

Rank in course/Total: 532 (of 637)

Rank in course/Men: 442 (of 493)

Best time in course: 31:35

Rank in category: 91(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
Runde Langstrec	2.00	12:43	6:21	101	466	4:47	6:26	2.00	12:43	6:21	66	2:38	323	6:26			
Runde Langstrec	2.00	11:35	5:47	96	449	3:18	5:12	4.00	24:18	6:04	66	4:01	323	11:38			
Runde Langstrec	2.00	11:44	5:51	89	436	3:17	5:16	6.00	36:02	6:00	65	5:33	322	16:54			
Runde Langstrec	2.00	11:38	5:48	87	421	3:07	5:14	8.00	47:40	5:57	65	6:55	289	22:08			
Leichtathletikh	2.00	11:29	5:44	88	424	3:16	5:26	10.00	59:09	5:54	91	17:37	442	27:34			