



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ertel, Frank

Club: Mühlhäuser Läuferwölfe

Number: 1096

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 58:49

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 526 (of 637)

Rank in course/Men: 439 (of 493)

Best time in course: 31:35

Rank in category: 90(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	11:33	5:46	83	3:37	377	5:16	2.00	11:33	5:46	76	1:28	298	5:16
Runde Langstrec	2.00	10:55	5:27	79	2:38	382	4:32	4.00	22:28	5:36	76	2:11	341	9:48
Runde Langstrec	2.00	11:29	5:44	85	3:02	419	5:01	6.00	33:57	5:39	75	3:28	359	14:49
Runde Langstrec	2.00	12:55	6:27	99	4:24	474	6:31	8.00	46:52	5:51	75	6:07	358	21:20
Leichtathletikhal	2.00	11:57	5:58	93	3:44	442	5:54	10.00	58:49	5:52	90	17:17	439	27:14