



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Eckardt, Gerald

Club: ESV Lok Mühlhausen

Number: 1511

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:03:00

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 595 (of 637)

Rank in course/Men: 472 (of 493)

Best time in course: 31:35

Rank in category: 99(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	12:21	6:10	93	4:25	440	6:04	2.00	12:21	6:10	77	2:16	363	6:04
Runde Langstrec	2.00	12:17	6:08	101	4:00	476	5:54	4.00	24:38	6:09	77	4:21	363	11:58
Runde Langstrec	2.00	12:40	6:19	100	4:13	475	6:12	6.00	37:18	6:12	76	6:49	362	18:10
Runde Langstrec	2.00	12:52	6:26	98	4:21	471	6:28	8.00	50:10	6:16	76	9:25	361	24:38
Leichtathletikhal	2.00	12:50	6:25	97	4:37	470	6:47	10.00	1:03:00	6:17	99	21:28	472	31:25