



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dimitrovici, Frank

Club: Eishockeyclub Erfurt EHC

Number: 1507

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 57:04

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 483 (of 637)

Rank in course/Men: 411 (of 493)

Best time in course: 31:35

Rank in category: 84(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	11:40	5:49	85	3:44	390	5:23	2.00	11:40	5:49	56	1:35	281	5:23
Runde Langstrec	2.00	11:07	5:33	83	2:50	399	4:44	4.00	22:47	5:41	55	2:30	280	10:07
Runde Langstrec	2.00	11:23	5:41	81	2:56	409	4:55	6.00	34:10	5:41	89	3:41	433	15:02
Runde Langstrec	2.00	11:23	5:41	82	2:52	398	4:59	8.00	45:33	5:41	89	4:48	429	20:01
Leichtathletikhal	2.00	11:31	5:45	89	3:18	426	5:28	10.00	57:04	5:42	84	15:32	411	25:29