



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Beyer, Harald

Club: SV Nordhausen 90

Number: 1158

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 57:57

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 499 (of 637)

Rank in course/Men: 421 (of 493)

Best time in course: 31:35

Rank in category: 86(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	12:24	6:12	95	4:28	445	6:07	2.00	12:24	6:12	93	2:19	448	6:07	
Runde Langstrec	2.00	11:18	5:39	90	3:01	418	4:55	4.00	23:42	5:55	93	3:25	448	11:02	
Runde Langstrec	2.00	11:30	5:45	86	3:03	422	5:02	6.00	35:12	5:52	49	4:43	255	16:04	
Runde Langstrec	2.00	11:28	5:44	83	2:57	411	5:04	8.00	46:40	5:49	92	5:55	437	21:08	
Leichtathletikh	2.00	11:17	5:38	85	3:04	415	5:14	10.00	57:57	5:47	86	16:25	421	26:22	