



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Steinbeck, Frank

Club: Großbreitenbacher Ski Verein

Number: 1665

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:12

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 204 (of 637)

Rank in course/Men: 190 (of 493)

Best time in course: 31:35

Rank in category: 28(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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Runde Langstrec | 2.00 | 10:01 | 5:00 | 38 | 2:05 | 225 | 3:44 | 2.00 | 10:01 | 5:00 | 32 | | 195 | 3:44 |
| Runde Langstrec | 2.00 | 9:12 | 4:35 | 20 | 0:55 | 166 | 2:49 | 4.00 | 19:13 | 4:48 | 95 | | 464 | 6:33 |
| Runde Langstrec | 2.00 | 9:20 | 4:40 | 19 | 0:53 | 164 | 2:52 | 6.00 | 28:33 | 4:45 | 94 | | 463 | 9:25 |
| Runde Langstrec | 2.00 | 9:44 | 4:51 | 27 | 1:13 | 195 | 3:20 | 8.00 | 38:17 | 4:47 | 94 | | 458 | 12:45 |
| Leichtathletikh | 2.00 | 9:55 | 4:57 | 45 | 1:42 | 259 | 3:52 | 10.00 | 48:12 | 4:49 | 28 | 6:40 | 190 | 16:37 |