



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 1196

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 53:41

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 371 (of 637)

Rank in course/Men: 331 (of 493)

Best time in course: 31:35

Rank in category: 2(of 8)

Best time in the category: 47:40

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	10:37	5:18	2	1:33	282	4:20	2.00	10:37	5:18	7	1:33	145	4:20
Runde Langstrec	2.00	10:34	5:16	2	1:11	332	4:11	4.00	21:11	5:17	7	2:44	336	8:31
Runde Langstrec	2.00	10:47	5:23	2	1:12	347	4:19	6.00	31:58	5:19	7	3:56	345	12:50
Runde Langstrec	2.00	10:53	5:26	2	1:03	346	4:29	8.00	42:51	5:21	7	4:59	317	17:19
Leichtathletikh	2.00	10:50	5:25	2	1:02	366	4:47	10.00	53:41	5:22	2	6:01	331	22:06