



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schlag, Ingo

Club: Schkauditzer Läufer

Number: 1409

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:30

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 302 (of 637)

Rank in course/Men: 272 (of 493)

Best time in course: 31:35

Rank in category: 54(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	11:05	5:32	67	3:09	329	4:48	2.00	11:05	5:32	79	1:00	227	4:48
Runde Langstrec	2.00	9:49	4:54	42	1:32	237	3:26	4.00	20:54	5:13	96	0:37	466	8:14
Runde Langstrec	2.00	10:01	5:00	42	1:34	241	3:33	6.00	30:55	5:09	95	0:26	465	11:47
Runde Langstrec	2.00	10:17	5:08	52	1:46	266	3:53	8.00	41:12	5:09	95	0:27	460	15:40
Leichtathletikhäl	2.00	10:18	5:09	60	2:05	302	4:15	10.00	51:30	5:09	54	9:58	272	19:55