



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Regenhardt, Peter

Club: Schoppendorf

Number: 1456

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 258 (of 637)

Rank in course/Men: 238 (of 493)

Best time in course: 31:35

Rank in category: 41(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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:38	4:48	29	1:42	194	3:21	2.00	9:38	4:48	97		172	3:21
Runde Langstrec	2.00	9:49	4:54	42	1:32	237	3:26	4.00	19:27	4:51	97		474	6:47
Runde Langstrec	2.00	10:03	5:01	45	1:36	246	3:35	6.00	29:30	4:55	96		473	10:22
Runde Langstrec	2.00	10:17	5:08	52	1:46	266	3:53	8.00	39:47	4:58	96		468	14:15
Leichtathletikh	2.00	10:13	5:06	55	2:00	292	4:10	10.00	50:00	5:00	41	8:28	238	18:25