



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Räthel, Jens

Club: SSV Erfurt 02 e.V.

Number: 1208

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:51

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 288 (of 637)

Rank in course/Men: 261 (of 493)

Best time in course: 31:35

Rank in category: 49(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	9:03	4:31	13	1:07	127	2:46	2.00	9:03	4:31	98		476	2:46
Runde Langstrec	2.00	9:51	4:55	45	1:34	242	3:28	4.00	18:54	4:43	98		190	6:14
Runde Langstrec	2.00	10:25	5:12	64	1:58	302	3:57	6.00	29:19	4:53	97		189	10:11
Runde Langstrec	2.00	10:48	5:24	73	2:17	334	4:24	8.00	40:07	5:00	97		188	14:35
Leichtathletikh	2.00	10:44	5:21	73	2:31	356	4:41	10.00	50:51	5:05	49	9:19	261	19:16