



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heilwagen, Dieter

Club: Wutha-Farnroda

Number: 1166

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:13

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 386 (of 637)

Rank in course/Men: 342 (of 493)

Best time in course: 31:35

Rank in category: 71(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Langstrec	2.00	10:53	5:26	62	2:57	311	4:36	2.00	10:53	5:26	100	0:48	351	4:36
Runde Langstrec	2.00	10:38	5:18	72	2:21	344	4:15	4.00	21:31	5:22	61	1:14	302	8:51
Runde Langstrec	2.00	11:03	5:31	75	2:36	377	4:35	6.00	32:34	5:25	99	2:05	325	13:26
Runde Langstrec	2.00	10:55	5:27	76	2:24	351	4:31	8.00	43:29	5:26	99	2:44	476	17:57
Leichtathletikhal	2.00	10:44	5:21	73	2:31	356	4:41	10.00	54:13	5:25	71	12:41	342	22:38