



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kintzel, Achim

Club: Erfurt
Number: 1423

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M50 (50-59 Jahre)

Total time: 44:58

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 128 (of 637)

Rank in course/Men: 124 (of 493)

Best time in course: 31:35

Rank in category: 12(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:08	4:33	16	1:12	135	2:51	2.00	9:08	4:33	102		142	2:51
Runde Langstrec	2.00	8:55	4:27	12	0:38	135	2:32	4.00	18:03	4:30	102		93	5:23
Runde Langstrec	2.00	8:57	4:28	10	0:30	116	2:29	6.00	27:00	4:30	100		488	7:52
Runde Langstrec	2.00	9:06	4:32	9	0:35	117	2:42	8.00	36:06	4:30	101		484	10:34
Leichtathletikh	2.00	8:52	4:26	12	0:39	127	2:49	10.00	44:58	4:29	12	3:26	124	13:23