



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ostermann, Frank

Club: SWE

Number: 1373

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 43:46

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 95 (of 637)

Rank in course/Men: 91 (of 493)

Best time in course: 31:35

Rank in category: 6(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Runde Langstrec	2.00	9:09	4:34	17	1:13	137	2:52	2.00	9:09	4:34	6			73	2:52		
Runde Langstrec	2.00	8:32	4:15	5	0:15	72	2:09	4.00	17:41	4:25	6			73	5:01		
Runde Langstrec	2.00	8:43	4:21	6	0:16	82	2:15	6.00	26:24	4:23	5			68	7:16		
Runde Langstrec	2.00	8:47	4:23	4	0:16	76	2:23	8.00	35:11	4:23	6			72	9:39		
Leichtathletikh	2.00	8:35	4:17	6	0:22	94	2:32	10.00	43:46	4:22	6	2:14		91	12:11		