



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Günther, Egbert

Club: Erfurt

Number: 1389

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 43:22

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 83 (of 637)

Rank in course/Men: 81 (of 493)

Best time in course: 31:35

Rank in category: 5(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	8:36	4:17	5	0:40	84	2:19	2.00	8:36	4:17	7			82	2:19
Runde Langstrec	2.00	8:26	4:13	4	0:09	63	2:03	4.00	17:02	4:15	7			65	4:22
Runde Langstrec	2.00	8:33	4:16	3	0:06	66	2:05	6.00	25:35	4:15	7			82	6:27
Runde Langstrec	2.00	8:56	4:28	8	0:25	99	2:32	8.00	34:31	4:18	7			81	8:59
Leichtathletikh	2.00	8:51	4:25	11	0:38	124	2:48	10.00	43:22	4:20	5	1:50		81	11:47