



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sawall, Andreas

Club: SV 1885 Teutschenthal e.V.

Number: 1392

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 43:11

Speed: 13.89 km/h

Running performance: 4:19 min/km

Rank in course/Total: 79 (of 637)

Rank in course/Men: 77 (of 493)

Best time in course: 31:35

Rank in category: 4(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		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	8:38	4:18	6	0:42	87	2:21	2.00	8:38	4:18	8			84	2:21
Runde Langstrec	2.00	8:35	4:17	6	0:18	76	2:12	4.00	17:13	4:18	8			74	4:33
Runde Langstrec	2.00	8:36	4:17	5	0:09	69	2:08	6.00	25:49	4:18	8			84	6:41
Runde Langstrec	2.00	8:49	4:24	5	0:18	81	2:25	8.00	34:38	4:19	8			83	9:06
Leichtathletikh	2.00	8:33	4:16	4	0:20	88	2:30	10.00	43:11	4:19	4	1:39		77	11:36