



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hantzsch, Helmut

Club: Eisenach

Number: 1262

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 45:37

Speed: 13.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 150 (of 637)

Rank in course/Men: 144 (of 493)

Best time in course: 31:35

Rank in category: 2(of 24)

Best time in the category: 43:58

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	8:54	4:27	2	0:26	113	2:37	2.00	8:54	4:27	13		98	2:37
Runde Langstrec	2.00	9:12	4:35	2	0:25	166	2:49	4.00	18:06	4:31	13		98	5:26
Runde Langstrec	2.00	9:06	4:32	2	0:10	128	2:38	6.00	27:12	4:31	13		93	8:04
Runde Langstrec	2.00	9:14	4:36	2	0:15	134	2:50	8.00	36:26	4:33	12		90	10:54
Leichtathletikh	2.00	9:11	4:35	2	0:23	160	3:08	10.00	45:37	4:33	2	1:39	144	14:02