



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Eisenacher, Klaus

Club: Hainichläufer Mühlhausen

Number: 1148

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:12

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 161 (of 637)

Rank in course/Men: 155 (of 493)

Best time in course: 31:35

Rank in category: 15(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 min/km	Pos Cat.	Behind		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men		
Runde Langstrec	2.00	9:01	4:30	12	1:05	124	2:44	2.00	9:01	4:30	9			102	2:44
Runde Langstrec	2.00	9:13	4:36	21	0:56	170	2:50	4.00	18:14	4:33	9			102	5:34
Runde Langstrec	2.00	9:14	4:36	15	0:47	152	2:46	6.00	27:28	4:34	9			102	8:20
Runde Langstrec	2.00	9:25	4:42	18	0:54	162	3:01	8.00	36:53	4:36	9			95	11:21
Leichtathletikh	2.00	9:19	4:39	21	1:06	173	3:16	10.00	46:12	4:37	15	4:40		155	14:37