



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sickel, Olaf

Club: Erfurt

Number: 1111

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 44:06

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 107 (of 637)

Rank in course/Men: 102 (of 493)

Best time in course: 31:35

Rank in category: 9(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	9:12	4:35	19	1:16	146	2:55	2.00	9:12	4:35	11		121	2:55
Runde Langstrec	2.00	8:46	4:23	9	0:29	110	2:23	4.00	17:58	4:29	11		121	5:18
Runde Langstrec	2.00	8:47	4:23	7	0:20	87	2:19	6.00	26:45	4:27	11		121	7:37
Runde Langstrec	2.00	8:50	4:25	6	0:19	87	2:26	8.00	35:35	4:26	11		120	10:03
Leichtathletikh	2.00	8:31	4:15	3	0:18	85	2:28	10.00	44:06	4:24	9	2:34	102	12:31