



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ickler, Mario

Club: Seebach

Number: 1248

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:33

Speed: 12.62 km/h

Running performance: 4:46 min/km

Rank in course/Total: 191 (of 637)

Rank in course/Men: 180 (of 493)

Best time in course: 31:35

Rank in category: 25(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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:25	4:42	24	1:29	174	3:08	2.00	9:25	4:42	16		150	3:08
Runde Langstrec	2.00	9:26	4:43	27	1:09	188	3:03	4.00	18:51	4:42	16		150	6:11
Runde Langstrec	2.00	9:36	4:47	28	1:09	196	3:08	6.00	28:27	4:44	16		150	9:19
Runde Langstrec	2.00	9:44	4:51	27	1:13	195	3:20	8.00	38:11	4:46	16		149	12:39
Leichtathletikh	2.00	9:22	4:41	24	1:09	180	3:19	10.00	47:33	4:45	25	6:01	180	15:58