



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kläser, Guido

Club: Erfurt

Number: 1101

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:36

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 272 (of 637)

Rank in course/Men: 248 (of 493)

Best time in course: 31:35

Rank in category: 45(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	10:24	5:12	50	2:28	257	4:07	2.00	10:24	5:12	27	0:19	180	4:07	
Runde Langstrec	2.00	9:57	4:58	49	1:40	257	3:34	4.00	20:21	5:05	27	0:04	180	7:41	
Runde Langstrec	2.00	10:09	5:04	50	1:42	256	3:41	6.00	30:30	5:04	26	0:01	179	11:22	
Runde Langstrec	2.00	10:12	5:05	48	1:41	254	3:48	8.00	40:42	5:05	26		178	15:10	
Leichtathletikh	2.00	9:54	4:57	44	1:41	257	3:51	10.00	50:36	5:03	45	9:04	248	19:01	