



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Albin, Lutz

Club: LTV Erfurt e.V

Number: 1199

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:41

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 217 (of 637)

Rank in course/Men: 202 (of 493)

Best time in course: 31:35

Rank in category: 31(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:11	4:35	18	1:15	145	2:54	2.00	9:11	4:35	33		199	2:54
Runde Langstrec	2.00	9:36	4:47	31	1:19	211	3:13	4.00	18:47	4:41	33		199	6:07
Runde Langstrec	2.00	10:01	5:00	42	1:34	241	3:33	6.00	28:48	4:47	32		198	9:40
Runde Langstrec	2.00	10:03	5:01	41	1:32	237	3:39	8.00	38:51	4:51	32		197	13:19
Leichtathletikhal	2.00	9:50	4:55	40	1:37	245	3:47	10.00	48:41	4:52	31	7:09	202	17:06