



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

clauß, jörg

Club: zwickau

Number: 1113

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:53

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 289 (of 637)

Rank in course/Men: 263 (of 493)

Best time in course: 31:35

Rank in category: 50(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	10:57	5:28	63	3:01	314	4:40	2.00	10:57	5:28	31	0:52	193	4:40
Runde Langstrec	2.00	10:17	5:08	61	2:00	296	3:54	4.00	21:14	5:18	34	0:57	204	8:34
Runde Langstrec	2.00	10:00	5:00	40	1:33	239	3:32	6.00	31:14	5:12	33	0:45	203	12:06
Runde Langstrec	2.00	9:59	4:59	39	1:28	227	3:35	8.00	41:13	5:09	33	0:28	202	15:41
Leichtathletikh	2.00	9:40	4:49	35	1:27	218	3:37	10.00	50:53	5:05	50	9:21	263	19:18