



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gries, Karsten

Club: Sömmerdaer Gipfelstürmer

Number: 1170

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:20

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 167 (of 637)

Rank in course/Men: 159 (of 493)

Best time in course: 31:35

Rank in category: 17(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	9:43	4:51	32	1:47	202	3:26	2.00	9:43	4:51	24			151	3:26
Runde Langstrec	2.00	9:10	4:34	16	0:53	158	2:47	4.00	18:53	4:43	36			151	6:13
Runde Langstrec	2.00	9:14	4:36	15	0:47	152	2:46	6.00	28:07	4:41	35			151	8:59
Runde Langstrec	2.00	9:13	4:36	14	0:42	130	2:49	8.00	37:20	4:40	35			208	11:48
Leichtathletikh	2.00	9:00	4:30	14	0:47	140	2:57	10.00	46:20	4:38	17	4:48		159	14:45