



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gerhardt, Lutz

Club: LG Klaus und Lutz

Number: 1120

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 53:51

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 375 (of 637)

Rank in course/Men: 334 (of 493)

Best time in course: 31:35

Rank in category: 9(of 24)

Best time in the category: 43:58

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	11:45	5:52	15	3:17	402	5:28	2.00	11:45	5:52	21	1:03	218	5:28	
Runde Langstrec	2.00	10:35	5:17	8	1:48	336	4:12	4.00	22:20	5:34	21	1:17	231	9:40	
Runde Langstrec	2.00	10:35	5:17	8	1:39	319	4:07	6.00	32:55	5:29	21	1:28	230	13:47	
Runde Langstrec	2.00	10:32	5:15	7	1:33	300	4:08	8.00	43:27	5:25	20	1:23	229	17:55	
Leichtathletikh	2.00	10:24	5:12	7	1:36	314	4:21	10.00	53:51	5:23	9	9:53	334	22:16	