



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sammler, Heiko

Number: 1669

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:57

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 351 (of 637)

Rank in course/Men: 313 (of 493)

Best time in course: 31:35

Rank in category: 66(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		Total		Total		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	10:09	5:04	44	2:13	234	3:52	2.00	10:09	5:04	45	0:04	244	3:52	
Runde Langstrec	2.00	10:42	5:20	74	2:25	355	4:19	4.00	20:51	5:12	45	0:34	244	8:11	
Runde Langstrec	2.00	10:40	5:19	70	2:13	336	4:12	6.00	31:31	5:15	44	1:02	243	12:23	
Runde Langstrec	2.00	10:47	5:23	72	2:16	332	4:23	8.00	42:18	5:17	44	1:33	242	16:46	
Leichtathletikh	2.00	10:39	5:19	69	2:26	344	4:36	10.00	52:57	5:17	66	11:25	313	21:22	