



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kriening, Henry

Number: 1609

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:12

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 320 (of 637)

Rank in course/Men: 287 (of 493)

Best time in course: 31:35

Rank in category: 60(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde Langstrec	2.00	11:39	5:49	84	3:43	386	5:22	2.00	11:39	5:49	46	1:34	243	5:22
Runde Langstrec	2.00	10:24	5:12	65	2:07	317	4:01	4.00	22:03	5:30	46	1:46	228	9:23
Runde Langstrec	2.00	10:11	5:05	51	1:44	262	3:43	6.00	32:14	5:22	45	1:45	227	13:06
Runde Langstrec	2.00	10:09	5:04	45	1:38	248	3:45	8.00	42:23	5:17	45	1:38	225	16:51
Leichtathletikh	2.00	9:49	4:54	39	1:36	244	3:46	10.00	52:12	5:13	60	10:40	287	20:37