



# 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         | Intermediate times |            |              |          |             | Stage score |            |          |            | Total ranking |          |             |         |            |
|-----------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|
|                 | 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               | 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      |