



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 1247

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:09

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 318 (of 637)

Rank in course/Men: 285 (of 493)

Best time in course: 31:35

Rank in category: 58(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	11:10	5:34	71	3:14	337	4:53	2.00	11:10	5:34	48	1:05	250	4:53	
Runde Langstrec	2.00	10:07	5:03	52	1:50	269	3:44	4.00	21:17	5:19	48	1:00	227	8:37	
Runde Langstrec	2.00	10:24	5:12	63	1:57	297	3:56	6.00	31:41	5:16	47	1:12	226	12:33	
Runde Langstrec	2.00	10:12	5:05	48	1:41	254	3:48	8.00	41:53	5:14	47	1:08	252	16:21	
Leichtathletikhal	2.00	10:16	5:08	58	2:03	300	4:13	10.00	52:09	5:12	58	10:37	285	20:34	