



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Löwe, Frank

Club: Walschleben

Number: 1436

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:47

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 373 (of 637)

Rank in course/Men: 332 (of 493)

Best time in course: 31:35

Rank in category: 69(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	11:13	5:36	75	3:17	343	4:56	2.00	11:13	5:36	49	1:08	216	4:56
Runde Langstrec	2.00	10:29	5:14	67	2:12	325	4:06	4.00	21:42	5:25	37	1:25	215	9:02
Runde Langstrec	2.00	10:58	5:29	73	2:31	366	4:30	6.00	32:40	5:26	48	2:11	254	13:32
Runde Langstrec	2.00	10:41	5:20	69	2:10	325	4:17	8.00	43:21	5:25	48	2:36	253	17:49
Leichtathletikh	2.00	10:26	5:13	65	2:13	317	4:23	10.00	53:47	5:22	69	12:15	332	22:12