



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Niewiadomski, Peter

Club: Erfurt
Number: 1447

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M50 (50-59 Jahre)

Total time: 57:22

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 489 (of 637)

Rank in course/Men: 415 (of 493)

Best time in course: 31:35

Rank in category: 85(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	12:36	6:17	99	4:40	459	6:19	2.00	12:36	6:17	50	2:31	256	6:19
Runde Langstrec	2.00	11:11	5:35	87	2:54	406	4:48	4.00	23:47	5:56	50	3:30	256	11:07
Runde Langstrec	2.00	11:25	5:42	83	2:58	412	4:57	6.00	35:12	5:52	49	4:43	255	16:04
Runde Langstrec	2.00	11:12	5:35	79	2:41	382	4:48	8.00	46:24	5:47	49	5:39	254	20:52
Leichtathletikh	2.00	10:58	5:29	79	2:45	375	4:55	10.00	57:22	5:44	85	15:50	415	25:47