



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Matthes, Jan

Club: Laufftreff Breitungen

Number: 1557

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:25

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 540 (of 637)

Rank in course/Men: 449 (of 493)

Best time in course: 31:35

Rank in category: 94(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. | 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 | 11:37 | 5:48 | 98 | 3:20 | 454 | 5:14 | 4.00 | 22:47 | 5:41 | 55 | 2:30 | 280 | 10:07 |
| Runde Langstrec | 2.00 | 12:15 | 6:07 | 97 | 3:48 | 463 | 5:47 | 6.00 | 35:02 | 5:50 | 54 | 4:33 | 279 | 15:54 |
| Runde Langstrec | 2.00 | 12:14 | 6:06 | 95 | 3:43 | 455 | 5:50 | 8.00 | 47:16 | 5:54 | 54 | 6:31 | 278 | 21:44 |
| Leichtathletikhal | 2.00 | 12:09 | 6:04 | 96 | 3:56 | 450 | 6:06 | 10.00 | 59:25 | 5:56 | 94 | 17:53 | 449 | 27:50 |