



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wolter, Werner

Number: 1604

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:50

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 414 (of 637)

Rank in course/Men: 364 (of 493)

Best time in course: 31:35

Rank in category: 75(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	11:40	5:49	85	3:44	390	5:23	2.00	11:40	5:49	56	1:35	281	5:23
Runde Langstrec	2.00	10:35	5:17	70	2:18	336	4:12	4.00	22:15	5:33	56	1:58	281	9:35
Runde Langstrec	2.00	10:40	5:19	70	2:13	336	4:12	6.00	32:55	5:29	55	2:26	230	13:47
Runde Langstrec	2.00	10:53	5:26	75	2:22	346	4:29	8.00	43:48	5:28	55	3:03	279	18:16
Leichtathletikh	2.00	11:02	5:30	81	2:49	384	4:59	10.00	54:50	5:29	75	13:18	364	23:15