



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keller, Norbert

Club: Kindelbrück

Number: 1102

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:00:47

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 565 (of 637)

Rank in course/Men: 460 (of 493)

Best time in course: 31:35

Rank in category: 97(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	10:16	5:08	46	2:20	241	3:59	2.00	10:16	5:08	58	0:11	288	3:59
Runde Langstrec	2.00	10:53	5:26	78	2:36	379	4:30	4.00	21:09	5:17	58	0:52	288	8:29
Runde Langstrec	2.00	11:13	5:36	79	2:46	396	4:45	6.00	32:22	5:23	57	1:53	287	13:14
Runde Langstrec	2.00	15:20	7:40	100	6:49	485	8:56	8.00	47:42	5:57	57	6:57	286	22:10
Leichtathletikh	2.00	13:05	6:32	98	4:52	472	7:02	10.00	1:00:47	6:04	97	19:15	460	29:12