



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Frießleben, Holger

Club: Königsee-Rottenbach

Number: 1099

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:54

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 416 (of 637)

Rank in course/Men: 365 (of 493)

Best time in course: 31:35

Rank in category: 76(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	12:05	6:02	90	4:09	428	5:48	2.00	12:05	6:02	59	2:00	292	5:48
Runde Langstrec	2.00	10:49	5:24	75	2:32	368	4:26	4.00	22:54	5:43	59	2:37	292	10:14
Runde Langstrec	2.00	10:46	5:23	72	2:19	346	4:18	6.00	33:40	5:36	58	3:11	291	14:32
Runde Langstrec	2.00	10:49	5:24	74	2:18	337	4:25	8.00	44:29	5:33	58	3:44	290	18:57
Leichtathletikh	2.00	10:25	5:12	64	2:12	316	4:22	10.00	54:54	5:29	76	13:22	365	23:19