



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dörge, Volker

Number: 1718

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:18

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 535 (of 637)

Rank in course/Men: 445 (of 493)

Best time in course: 31:35

Rank in category: 93(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		Total		Total		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	10:02	5:00	40	2:06	227	3:45	2.00	10:02	5:00	60		300	3:45	
Runde Langstrec	2.00	11:04	5:31	82	2:47	397	4:41	4.00	21:06	5:16	60	0:49	300	8:26	
Runde Langstrec	2.00	11:46	5:53	92	3:19	439	5:18	6.00	32:52	5:28	59	2:23	299	13:44	
Runde Langstrec	2.00	12:46	6:23	96	4:15	468	6:22	8.00	45:38	5:42	59	4:53	262	20:06	
Leichtathletikh	2.00	13:40	6:49	99	5:27	479	7:37	10.00	59:18	5:55	93	17:46	445	27:43	