



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Birkefeld, Armin

Club: SG Jugendkraft Crawinkel

Number: 1105

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:58

Speed: 10.92 km/h

Running performance: 5:30 min/km

Rank in course/Total: 418 (of 637)

Rank in course/Men: 367 (of 493)

Best time in course: 31:35

Rank in category: 77(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	10:24	5:12	50	2:28	257	4:07	2.00	10:24	5:12	27	0:19	180	4:07
Runde Langstrec	2.00	11:07	5:33	83	2:50	399	4:44	4.00	21:31	5:22	61	1:14	302	8:51
Runde Langstrec	2.00	12:33	6:16	99	4:06	473	6:05	6.00	34:04	5:40	60	3:35	301	14:56
Runde Langstrec	2.00	10:36	5:17	66	2:05	312	4:12	8.00	44:40	5:34	60	3:55	300	19:08
Leichtathletikh	2.00	10:18	5:09	60	2:05	302	4:15	10.00	54:58	5:29	77	13:26	367	23:23