



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Drüge, Uwe

Number: 1645

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:56

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 439 (of 637)

Rank in course/Men: 383 (of 493)

Best time in course: 31:35

Rank in category: 78(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	10:39	5:19	56	2:43	289	4:22	2.00	10:39	5:19	62	0:34	176	4:22
Runde Langstrec	2.00	10:57	5:28	80	2:40	385	4:34	4.00	21:36	5:24	62	1:19	303	8:56
Runde Langstrec	2.00	11:25	5:42	83	2:58	412	4:57	6.00	33:01	5:30	61	2:32	302	13:53
Runde Langstrec	2.00	11:42	5:50	88	3:11	424	5:18	8.00	44:43	5:35	61	3:58	301	19:11
Leichtathletikh	2.00	11:13	5:36	84	3:00	406	5:10	10.00	55:56	5:35	78	14:24	383	24:21