



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Steinz, Jürgen

Club: Erfurt

Number: 1407

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:00:06

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 557 (of 637)

Rank in course/Men: 456 (of 493)

Best time in course: 31:35

Rank in category: 96(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde Langstrec	2.00	12:25	6:12	96	4:29	447	6:08	2.00	12:25	6:12	64	2:20	263	6:08			
Runde Langstrec	2.00	11:34	5:46	95	3:17	448	5:11	4.00	23:59	5:59	64	3:42	311	11:19			
Runde Langstrec	2.00	11:58	5:59	94	3:31	452	5:30	6.00	35:57	5:59	63	5:28	310	16:49			
Runde Langstrec	2.00	12:10	6:04	93	3:39	450	5:46	8.00	48:07	6:00	63	7:22	309	22:35			
Leichtathletikh	2.00	11:59	5:59	94	3:46	444	5:56	10.00	1:00:06	6:00	96	18:34	456	28:31			