



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Allert, Joachim

Club: SWE

Number: 1376

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:30

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 395 (of 637)

Rank in course/Men: 350 (of 493)

Best time in course: 31:35

Rank in category: 72(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	10:20	5:10	47	2:24	251	4:03	2.00	10:20	5:10	65	0:15	320	4:03
Runde Langstrec	2.00	10:35	5:17	70	2:18	336	4:12	4.00	20:55	5:13	65	0:38	320	8:15
Runde Langstrec	2.00	11:04	5:31	77	2:37	381	4:36	6.00	31:59	5:19	64	1:30	319	12:51
Runde Langstrec	2.00	11:22	5:41	81	2:51	396	4:58	8.00	43:21	5:25	48	2:36	253	17:49
Leichtathletikhäl	2.00	11:09	5:34	82	2:56	393	5:06	10.00	54:30	5:27	72	12:58	350	22:55