



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kranz, Horst

Club: Sondershausen

Number: 1403

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 52:32

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 335 (of 637)

Rank in course/Men: 300 (of 493)

Best time in course: 31:35

Rank in category: 6(of 24)

Best time in the category: 43:58

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
Runde Langstrec	2.00	10:42	5:20	8	2:14	297	4:25	2.00	10:42	5:20	1	-	321	4:25
Runde Langstrec	2.00	10:21	5:10	6	1:34	305	3:58	4.00	21:03	5:15	1	-	321	8:23
Runde Langstrec	2.00	10:24	5:12	6	1:28	297	3:56	6.00	31:27	5:14	1	-	320	12:19
Runde Langstrec	2.00	10:37	5:18	8	1:38	317	4:13	8.00	42:04	5:15	1	-	319	16:32
Leichtathletikhal	2.00	10:28	5:14	8	1:40	323	4:25	10.00	52:32	5:15	6	8:34	300	20:57