



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Glock, Rüdiger

Club: TSV 1898 Mittelhausen e.V.

Number: 1121

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 1:01:16

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 572 (of 637)

Rank in course/Men: 461 (of 493)

Best time in course: 31:35

Rank in category: 20(of 24)

Best time in the category: 43:58

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Langstrec	2.00	12:01	6:00	16	3:33	423	5:44	2.00	12:01	6:00	12	1:19	328	5:44
Runde Langstrec	2.00	11:40	5:49	20	2:53	457	5:17	4.00	23:41	5:55	12	2:38	283	11:01
Runde Langstrec	2.00	12:13	6:06	20	3:17	461	5:45	6.00	35:54	5:59	12	4:27	311	16:46
Runde Langstrec	2.00	12:37	6:18	21	3:38	464	6:13	8.00	48:31	6:03	11	6:27	326	22:59
Leichtathletikhal	2.00	12:45	6:22	22	3:57	467	6:42	10.00	1:01:16	6:07	20	17:18	461	29:41