



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sprenger, Bernd

Club: LTV Erfurt

Number: 1098

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:38

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 338 (of 637)

Rank in course/Men: 302 (of 493)

Best time in course: 31:35

Rank in category: 63(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	11:08	5:33	70	3:12	334	4:51	2.00	11:08	5:33	70	1:03	338	4:51
Runde Langstrec	2.00	10:31	5:15	69	2:14	328	4:08	4.00	21:39	5:24	70	1:22	338	8:59
Runde Langstrec	2.00	10:28	5:14	67	2:01	310	4:00	6.00	32:07	5:21	69	1:38	337	12:59
Runde Langstrec	2.00	10:20	5:10	55	1:49	274	3:56	8.00	42:27	5:18	69	1:42	336	16:55
Leichtathletikh	2.00	10:11	5:05	52	1:58	285	4:08	10.00	52:38	5:15	63	11:06	302	21:03