



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pöse, Jörg

Club: Fit & Geschickt

Number: 1607

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:42

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 250 (of 637)

Rank in course/Men: 231 (of 493)

Best time in course: 31:35

Rank in category: 38(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	9:56	4:58	35	2:00	217	3:39	2.00	9:56	4:58	72			345	3:39
Runde Langstrec	2.00	9:52	4:56	47	1:35	246	3:29	4.00	19:48	4:57	72			349	7:08
Runde Langstrec	2.00	10:05	5:02	46	1:38	247	3:37	6.00	29:53	4:58	71			247	10:45
Runde Langstrec	2.00	10:10	5:04	47	1:39	250	3:46	8.00	40:03	5:00	71			347	14:31
Leichtathletikh	2.00	9:39	4:49	34	1:26	216	3:36	10.00	49:42	4:58	38	8:10		231	18:07