



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Radelhof, Alfred

Club: GMRL-Verein

Number: 1263

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:33

Speed: 11.00 km/h

Running performance: 5:28 min/km

Rank in course/Total: 399 (of 637)

Rank in course/Men: 353 (of 493)

Best time in course: 31:35

Rank in category: 14(of 24)

Best time in the category: 43:58

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	10:53	5:26	11	2:25	311	4:36	2.00	10:53	5:26	10	0:11	351	4:36
Runde Langstrec	2.00	10:46	5:23	11	1:59	361	4:23	4.00	21:39	5:24	10	0:36	338	8:59
Runde Langstrec	2.00	11:03	5:31	13	2:07	377	4:35	6.00	32:42	5:27	10	1:15	305	13:34
Runde Langstrec	2.00	10:59	5:29	11	2:00	357	4:35	8.00	43:41	5:27	9	1:37	349	18:09
Leichtathletikh	2.00	10:52	5:26	12	2:04	367	4:49	10.00	54:33	5:27	14	10:35	353	22:58