



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stiehler, Uwe

Club: Tauchsportclub Erfurt e.V.

Number: 1480

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:52

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 227 (of 637)

Rank in course/Men: 212 (of 493)

Best time in course: 31:35

Rank in category: 34(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	10:20	5:10	47	2:24	251	4:03	2.00	10:20	5:10	65	0:15	320	4:03	
Runde Langstrec	2.00	9:43	4:51	36	1:26	221	3:20	4.00	20:03	5:00	73		181	7:23	
Runde Langstrec	2.00	9:41	4:50	31	1:14	205	3:13	6.00	29:44	4:57	72		352	10:36	
Runde Langstrec	2.00	9:41	4:50	25	1:10	186	3:17	8.00	39:25	4:55	72		179	13:53	
Leichtathletikhal	2.00	9:27	4:43	27	1:14	194	3:24	10.00	48:52	4:53	34	7:20	212	17:17	