



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hammer, Andreas

Club: Mauntenbeiker MHL

Number: 1244

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 1:01:43

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 577 (of 637)

Rank in course/Men: 463 (of 493)

Best time in course: 31:35

Rank in category: 98(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		Total		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	12:22	6:11	94	4:26	441	6:05	2.00	12:22	6:11	74	2:17	354	6:05
Runde Langstrec	2.00	12:15	6:07	100	3:58	475	5:52	4.00	24:37	6:09	74	4:20	273	11:57
Runde Langstrec	2.00	12:16	6:08	98	3:49	464	5:48	6.00	36:53	6:08	73	6:24	272	17:45
Runde Langstrec	2.00	12:48	6:24	97	4:17	469	6:24	8.00	49:41	6:12	73	8:56	352	24:09
Leichtathletikh	2.00	12:02	6:00	95	3:49	445	5:59	10.00	1:01:43	6:10	98	20:11	463	30:08