



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Werner, Heiko

Club: Erfurt

Number: 1108

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:47

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 177 (of 637)

Rank in course/Men: 169 (of 493)

Best time in course: 31:35

Rank in category: 19(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	8:49	4:24	7	0:53	107	2:32	2.00	8:49	4:24	5		68	2:32
Runde Langstrec	2.00	9:08	4:33	15	0:51	155	2:45	4.00	17:57	4:29	80		200	5:17
Runde Langstrec	2.00	9:28	4:44	24	1:01	177	3:00	6.00	27:25	4:34	79		375	8:17
Runde Langstrec	2.00	9:48	4:54	30	1:17	202	3:24	8.00	37:13	4:39	79		374	11:41
Leichtathletikh	2.00	9:34	4:46	30	1:21	207	3:31	10.00	46:47	4:40	19	5:15	169	15:12