



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Metz, Egon

Club: Spargelläufer Herbsleben

Number: 1560

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 1:07:44

Speed: 8.86 km/h

Running performance: 6:46 min/km

Rank in course/Total: 620 (of 637)

Rank in course/Men: 481 (of 493)

Best time in course: 31:35

Rank in category: 24(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.	Pos Men	Behind Men	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	13:33	6:46	24	5:05	487	7:16	2.00	13:33	6:46	6	2:51	388	7:16	
Runde Langstrec	2.00	12:48	6:24	24	4:01	484	6:25	4.00	26:21	6:35	6	5:18	388	13:41	
Runde Langstrec	2.00	12:57	6:28	23	4:01	480	6:29	6.00	39:18	6:32	6	7:51	387	20:10	
Runde Langstrec	2.00	13:39	6:49	23	4:40	481	7:15	8.00	52:57	6:37	24	10:53	486	27:25	
Leichtathletikhal	2.00	14:47	7:23	24	5:59	483	8:44	10.00	1:07:44	6:46	24	23:46	481	36:09	