



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stephan, Rainer

Club: Erfurt

Number: 1118

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M60 (60-69 Jahre)

Total time: 1:03:52

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 600 (of 637)

Rank in course/Men: 475 (of 493)

Best time in course: 31:35

Rank in category: 22(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	12:45	6:22	21	4:17	469	6:28	2.00	12:45	6:22	5	2:03	389	6:28
Runde Langstrec	2.00	12:32	6:15	23	3:45	483	6:09	4.00	25:17	6:19	5	4:14	389	12:37
Runde Langstrec	2.00	12:41	6:20	22	3:45	476	6:13	6.00	37:58	6:19	5	6:31	388	18:50
Runde Langstrec	2.00	13:10	6:34	22	4:11	476	6:46	8.00	51:08	6:23	5	9:04	384	25:36
Leichtathletikh	2.00	12:44	6:21	21	3:56	465	6:41	10.00	1:03:52	6:23	22	19:54	475	32:17