



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Goetz, Helmut

Club: sc impuls erfurt

Number: 1127

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 57:41

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 495 (of 637)

Rank in course/Men: 418 (of 493)

Best time in course: 31:35

Rank in category: 4(of 8)

Best time in the category: 47:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	11:34	5:46	5	2:30	379	5:17	2.00	11:34	5:46	5	2:30	399	5:17	
Runde Langstrec	2.00	11:27	5:43	4	2:04	432	5:04	4.00	23:01	5:45	5	4:34	399	10:21	
Runde Langstrec	2.00	11:28	5:44	4	1:53	418	5:00	6.00	34:29	5:44	5	6:27	398	15:21	
Runde Langstrec	2.00	11:34	5:46	4	1:44	417	5:10	8.00	46:03	5:45	5	8:11	394	20:31	
Leichtathletikhal	2.00	11:38	5:48	4	1:50	432	5:35	10.00	57:41	5:46	4	10:01	418	26:06	