



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hey, Herbert

Club: LTV Erfurt

Number: 1632

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:13

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 186 (of 637)

Rank in course/Men: 176 (of 493)

Best time in course: 31:35

Rank in category: 22(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	10:51	5:25	60	2:55	308	4:34	2.00	10:51	5:25	22	0:46	166	4:34
Runde Langstrec	2.00	9:23	4:41	26	1:06	181	3:00	4.00	20:14	5:03	35		205	7:34
Runde Langstrec	2.00	9:09	4:34	13	0:42	137	2:41	6.00	29:23	4:53	87		426	10:15
Runde Langstrec	2.00	9:07	4:33	11	0:36	121	2:43	8.00	38:30	4:48	87		185	12:58
Leichtathletikhal	2.00	8:43	4:21	8	0:30	105	2:40	10.00	47:13	4:43	22	5:41	176	15:38