



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Blume, Cornelius

Club: Runners

Number: 1503

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 49:58

Speed: 12.01 km/h

Running performance: 5:00 min/km

Rank in course/Total: 257 (of 637)

Rank in course/Men: 237 (of 493)

Best time in course: 31:35

Rank in category: 37(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	10:24	5:12	46	4:07	257	4:07	2.00	10:24	5:12	32		180	4:07
Runde Langstrec	2.00	10:01	5:00	43	3:38	263	3:38	4.00	20:25	5:06	32		229	7:45
Runde Langstrec	2.00	10:07	5:03	39	3:39	254	3:39	6.00	30:32	5:05	32		184	11:24
Runde Langstrec	2.00	10:00	5:00	40	3:36	231	3:36	8.00	40:32	5:03	30		167	15:00
Leichtathletikh	2.00	9:26	4:43	34	3:23	192	3:23	10.00	49:58	4:59	37	18:23	237	18:23