



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wegler, Dirk

Club: Erfurt

Number: 1220

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:05

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 504 (of 637)

Rank in course/Men: 425 (of 493)

Best time in course: 31:35

Rank in category: 120(of 135)

Best time in the category: 33:35

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	11:30	5:45	96	5:02	369	5:13	2.00	11:30	5:45	123	5:02	439	5:13
Runde Langstrec	2.00	11:31	5:45	122	4:49	436	5:08	4.00	23:01	5:45	123	9:51	399	10:21
Runde Langstrec	2.00	12:00	6:00	124	5:08	454	5:32	6.00	35:01	5:50	123	14:59	266	15:53
Runde Langstrec	2.00	11:50	5:55	124	5:04	432	5:26	8.00	46:51	5:51	121	20:03	434	21:19
Leichtathletikhal	2.00	11:14	5:36	115	4:27	409	5:11	10.00	58:05	5:48	120	24:30	425	26:30