



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Albrecht, Dirk**

Club: Worbis

Number: 1333

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:03

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 355 (of 637)

Rank in course/Men: 317 (of 493)

Best time in course: 31:35

Rank in category: 87(of 135)

Best time in the category: 33:35

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 10:22         | 5:11            | 69          | 3:54           | 256        | 4:05          | 2.00        | 10:22         | 5:11            | 125         | 3:54           | 446        | 4:05          |
| Runde Langstrec   | 2.00        | 10:21         | 5:10            | 83          | 3:39           | 305        | 3:58          | 4.00        | 20:43         | 5:10            | 125         | 7:33           | 446        | 8:03          |
| Runde Langstrec   | 2.00        | 10:44         | 5:21            | 94          | 3:52           | 340        | 4:16          | 6.00        | 31:27         | 5:14            | 125         | 11:25          | 320        | 12:19         |
| Runde Langstrec   | 2.00        | 10:51         | 5:25            | 97          | 4:05           | 341        | 4:27          | 8.00        | 42:18         | 5:17            | 123         | 15:30          | 242        | 16:46         |
| Leichtathletikhal | 2.00        | 10:45         | 5:22            | 105         | 3:58           | 361        | 4:42          | 10.00       | 53:03         | 5:18            | 87          | 19:28          | 317        | 21:28         |