



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Müller, Richard

Club: Oskar`s Läufer

Number: 1562

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 55:57

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 440 (of 637)

Rank in course/Men: 384 (of 493)

Best time in course: 31:35

Rank in category: 18(of 21)

Best time in the category: 33:03

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	12:04	6:01	20	5:47	425	5:47	2.00	12:04	6:01	4	1:32	310	5:47
Runde Langstrec	2.00	11:27	5:43	20	4:57	432	5:04	4.00	23:31	5:52	4	1:38	310	10:51
Runde Langstrec	2.00	11:16	5:38	18	4:28	401	4:48	6.00	34:47	5:47	4	1:00	281	15:39
Runde Langstrec	2.00	10:58	5:29	14	4:11	356	4:34	8.00	45:45	5:43	4	0:06	445	20:13
Leichtathletikh	2.00	10:12	5:05	13	3:31	289	4:09	10.00	55:57	5:35	18	22:54	384	24:22