



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Henneberg, Thomas

Club: Stadtilm

Number: 1147

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 55:08

Speed: 10.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 424 (of 637)

Rank in course/Men: 371 (of 493)

Best time in course: 31:35

Rank in category: 103(of 133)

Best time in the category: 32:01

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	10:44	5:21	84	4:27	298	4:27	2.00	10:44	5:21	127	4:27	452	4:27
Runde Langstrec	2.00	10:46	5:23	103	4:23	361	4:23	4.00	21:30	5:22	127	8:50	383	8:50
Runde Langstrec	2.00	11:15	5:37	113	4:47	400	4:47	6.00	32:45	5:27	127	13:37	453	13:37
Runde Langstrec	2.00	11:25	5:42	114	5:01	405	5:01	8.00	44:10	5:31	126	18:38	448	18:38
Leichtathletikhal	2.00	10:58	5:29	106	4:29	375	4:55	10.00	55:08	5:30	103	23:07	371	23:33