



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meurer, Ingo

Club: Die flinken Gerataler/SV Olympia Neustadt
Number: 1434

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:15

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 324 (of 637)

Rank in course/Men: 289 (of 493)

Best time in course: 31:35

Rank in category: 79(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	10:57	5:28	84	4:29	314	4:40	2.00	10:57	5:28	86	4:29	193	4:40
Runde Langstrec	2.00	10:10	5:04	77	3:28	275	3:47	4.00	21:07	5:16	131	7:57	189	8:27
Runde Langstrec	2.00	10:15	5:07	78	3:23	274	3:47	6.00	31:22	5:13	120	11:20	219	12:14
Runde Langstrec	2.00	10:26	5:13	81	3:40	285	4:02	8.00	41:48	5:13	128	15:00	218	16:16
Leichtathletikh	2.00	10:27	5:13	89	3:40	319	4:24	10.00	52:15	5:13	79	18:40	289	20:40