



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Möller, Michael**

Club: Kühndorf

Number: 1563

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

**Total time: 48:41**

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 218 (of 637)

Rank in course/Men: 202 (of 493)

Best time in course: 31:35

Rank in category: 70(of 133)

Best time in the category: 32:01

### 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        | 11:36         | 5:47            | 103         | 5:19           | 382        | 5:19          | 2.00        | 11:36         | 5:47            | 128         | 5:19           | 460        | 5:19          |
| Runde Langstrec | 2.00        | 9:32          | 4:46            | 67          | 3:09           | 198        | 3:09          | 4.00        | 21:08         | 5:16            | 128         | 8:28           | 460        | 8:28          |
| Runde Langstrec | 2.00        | 9:25          | 4:42            | 58          | 2:57           | 171        | 2:57          | 6.00        | 30:33         | 5:05            | 128         | 11:25          | 459        | 11:25         |
| Runde Langstrec | 2.00        | 9:16          | 4:38            | 52          | 2:52           | 139        | 2:52          | 8.00        | 39:49         | 4:58            | 127         | 14:17          | 454        | 14:17         |
| Leichtathletikh | 2.00        | 8:52          | 4:26            | 52          | 2:23           | 127        | 2:49          | 10.00       | 48:41         | 4:52            | 70          | 16:40          | 202        | 17:06         |