



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Zech, Roger**

Club: LTZ Greußen

Number: 1687

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:14

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 388 (of 637)

Rank in course/Men: 344 (of 493)

Best time in course: 31:35

Rank in category: 94(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        | 11:44         | 5:51            | 108         | 5:16           | 400        | 5:27          | 2.00        | 11:44         | 5:51            | 132         | 5:16           | 393        | 5:27          |
| Runde Langstrec   | 2.00        | 10:34         | 5:16            | 91          | 3:52           | 332        | 4:11          | 4.00        | 22:18         | 5:34            | 69          | 9:08           | 243        | 9:38          |
| Runde Langstrec   | 2.00        | 10:37         | 5:18            | 88          | 3:45           | 326        | 4:09          | 6.00        | 32:55         | 5:29            | 132         | 12:53          | 230        | 13:47         |
| Runde Langstrec   | 2.00        | 10:40         | 5:19            | 93          | 3:54           | 323        | 4:16          | 8.00        | 43:35         | 5:26            | 129         | 16:47          | 277        | 18:03         |
| Leichtathletikhal | 2.00        | 10:39         | 5:19            | 101         | 3:52           | 344        | 4:36          | 10.00       | 54:14         | 5:25            | 94          | 20:39          | 344        | 22:39         |