



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Nohr, Marcus

Club: Sportgruppe FA/UA-Btl 1

Number: 1224

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 49:23

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 241 (of 637)

Rank in course/Men: 223 (of 493)

Best time in course: 31:35

Rank in category: 35(of 69)

Best time in the category: 31:35

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	11:02	5:30	52	4:45	323	4:45	2.00	11:02	5:30	23		253	4:45
Runde Langstrec	2.00	9:24	4:42	32	3:01	184	3:01	4.00	20:26	5:06	23		352	7:46
Runde Langstrec	2.00	9:39	4:49	33	3:11	198	3:11	6.00	30:05	5:00	23		482	10:57
Runde Langstrec	2.00	9:49	4:54	33	3:25	204	3:25	8.00	39:54	4:59	13		236	14:22
Leichtathletikh	2.00	9:29	4:44	36	3:26	198	3:26	10.00	49:23	4:56	35	17:48	223	17:48