



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ernst, Sebastian

Club: Ingelheim

Number: 1254

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:48

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 284 (of 637)

Rank in course/Men: 257 (of 493)

Best time in course: 31:35

Rank in category: 42(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	10:59	5:29	51	4:42	320	4:42	2.00	10:59	5:29	21		336	4:42
Runde Langstrec	2.00	10:12	5:05	50	3:49	281	3:49	4.00	21:11	5:17	21		336	8:31
Runde Langstrec	2.00	10:10	5:04	40	3:42	258	3:42	6.00	31:21	5:13	21		224	12:13
Runde Langstrec	2.00	9:59	4:59	38	3:35	227	3:35	8.00	41:20	5:10	19		176	15:48
Leichtathletikhal	2.00	9:28	4:44	35	3:25	195	3:25	10.00	50:48	5:04	42	19:13	257	19:13