



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Vedder, Stephan

Club: Sömmerda

Number: 157

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:15

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 265 (of 446)

Rank in course/Men: 195 (of 278)

Best time in course: 12:07

Rank in category: 23(of 41)

Best time in the category: 13:21

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 Kurzstrecke	2.00	12:27	6:13	30	5:46	226	6:19	2.00	12:27	6:13	39	0:56	155	6:19
Leichtathletikhalle	2.00	10:48	5:24	19	4:08	159	4:49	4.00	23:15	5:48	23	9:54	195	11:08