



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Panse, Adrian

Club: USV Erfurt

Number: 1138

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 36:08

Speed: 16.61 km/h

Running performance: 3:37 min/km

Rank in course/Total: 11 (of 637)

Rank in course/Men: 11 (of 493)

Best time in course: 31:35

Rank in category: 6(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	7:14	3:37	9	0:57	22	0:57	2.00	7:14	3:37	47		7	0:57
Runde Langstrec	2.00	7:17	3:38	8	0:54	14	0:54	4.00	14:31	3:37	47		10	1:51
Runde Langstrec	2.00	7:20	3:39	3	0:52	7	0:52	6.00	21:51	3:38	47		7	2:43
Runde Langstrec	2.00	7:16	3:38	4	0:52	8	0:52	8.00	29:07	3:38	46		7	3:35
Leichtathletikh	2.00	7:01	3:30	5	0:58	9	0:58	10.00	36:08	3:36	6	4:33	11	4:33