



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Große, René**

Club: Rennsteiglaufverein/LG Süd

Number: 1064

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 37:07

Speed: 16.17 km/h

Running performance: 3:43 min/km

Rank in course/Total: 18 (of 637)

Rank in course/Men: 18 (of 493)

Best time in course: 31:35

Rank in category: 3(of 133)

Best time in the category: 32:01

### 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        | 7:12          | 3:36            | 7           | 0:55           | 21         | 0:55          | 2.00        | 7:12          | 3:36            | 3           | 0:55           | 13         | 0:55          |
| Runde Langstrec | 2.00        | 7:19          | 3:39            | 3           | 0:56           | 16         | 0:56          | 4.00        | 14:31         | 3:37            | 3           | 1:51           | 10         | 1:51          |
| Runde Langstrec | 2.00        | 7:29          | 3:44            | 3           | 1:01           | 14         | 1:01          | 6.00        | 22:00         | 3:39            | 3           | 2:52           | 13         | 2:52          |
| Runde Langstrec | 2.00        | 7:32          | 3:46            | 3           | 1:08           | 18         | 1:08          | 8.00        | 29:32         | 3:41            | 3           | 4:00           | 12         | 4:00          |
| Leichtathletikh | 2.00        | 7:35          | 3:47            | 3           | 1:06           | 19         | 1:32          | 10.00       | 37:07         | 3:42            | 3           | 5:06           | 18         | 5:32          |