



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Leese, Daniel

Club: LAC Erfurt

Number: 1412

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 35:49

Speed: 16.75 km/h

Running performance: 3:35 min/km

Rank in course/Total: 10 (of 637)

Rank in course/Men: 10 (of 493)

Best time in course: 31:35

Rank in category: 2(of 21)

Best time in the category: 33:03

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	6:55	3:27	2	0:38	9	0:38	2.00	6:55	3:27	21		15	0:38
Runde Langstrec	2.00	7:15	3:37	2	0:45	10	0:52	4.00	14:10	3:32	21		15	1:30
Runde Langstrec	2.00	7:23	3:41	2	0:35	10	0:55	6.00	21:33	3:35	21		15	2:25
Runde Langstrec	2.00	7:18	3:38	2	0:31	10	0:54	8.00	28:51	3:36	21		14	3:19
Leichtathletikh	2.00	6:58	3:29	2	0:17	7	0:55	10.00	35:49	3:34	2	2:46	10	4:14