



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Breuer, Max

Club: Erfurter LAC

Number: 1278

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 35:42

Speed: 16.81 km/h

Running performance: 3:34 min/km

Rank in course/Total: 7 (of 637)

Rank in course/Men: 7 (of 493)

Best time in course: 31:35

Rank in category: 3(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	7:02	3:30	5	0:45	11	0:45	2.00	7:02	3:30	36		16	0:45
Runde Langstrec	2.00	7:09	3:34	3	0:46	7	0:46	4.00	14:11	3:32	36		16	1:31
Runde Langstrec	2.00	7:22	3:40	5	0:54	9	0:54	6.00	21:33	3:35	36		15	2:25
Runde Langstrec	2.00	7:15	3:37	3	0:51	6	0:51	8.00	28:48	3:36	35		15	3:16
Leichtathletikh	2.00	6:54	3:27	3	0:51	6	0:51	10.00	35:42	3:34	3	4:07	7	4:07