



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wenzel, Bruno

Club: SC Impuls

Number: 1151

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 36:30

Speed: 16.44 km/h

Running performance: 3:39 min/km

Rank in course/Total: 14 (of 637)

Rank in course/Men: 14 (of 493)

Best time in course: 31:35

Rank in category: 2(of 135)

Best time in the category: 33:35

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	2	0:34	11	0:45	2.00	7:02	3:30	3	0:34	16	0:45
Runde Langstrec	2.00	7:16	3:38	2	0:34	12	0:53	4.00	14:18	3:34	3	1:08	18	1:38
Runde Langstrec	2.00	7:30	3:45	2	0:38	17	1:02	6.00	21:48	3:38	3	1:46	14	2:40
Runde Langstrec	2.00	7:25	3:42	2	0:39	12	1:01	8.00	29:13	3:39	2	2:25	17	3:41
Leichtathletikhal	2.00	7:17	3:38	2	0:30	13	1:14	10.00	36:30	3:38	2	2:55	14	4:55