



## 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

### Detailed evaluation

Schmidt, Marco

Club: SWE

Number: 1372

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 38:57

Speed: 15.40 km/h

Running performance: 3:54 min/km

Rank in course/Total: 28 (of 637)

Rank in course/Men: 27 (of 493)

Best time in course: 31:35

Rank in category: 3(of 135)

Best time in the category: 33:35

### 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        | 7:27          | 3:43            | 3           | 0:59           | 28         | 1:10          | 2.00        | 7:27          | 3:43            | 4           | 0:59           | 20         | 1:10          |
| Runde Langstrec   | 2.00        | 7:48          | 3:53            | 3           | 1:06           | 30         | 1:25          | 4.00        | 15:15         | 3:48            | 4           | 2:05           | 20         | 2:35          |
| Runde Langstrec   | 2.00        | 8:01          | 4:00            | 3           | 1:09           | 29         | 1:33          | 6.00        | 23:16         | 3:52            | 4           | 3:14           | 20         | 4:08          |
| Runde Langstrec   | 2.00        | 7:57          | 3:58            | 3           | 1:11           | 27         | 1:33          | 8.00        | 31:13         | 3:54            | 3           | 4:25           | 19         | 5:41          |
| Leichtathletikhal | 2.00        | 7:44          | 3:52            | 3           | 0:57           | 30         | 1:41          | 10.00       | 38:57         | 3:53            | 3           | 5:22           | 27         | 7:22          |