



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Marx, Thomas

Club: SG Eintracht Wendehausen

Number: 1655

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:15

Speed: 15.29 km/h

Running performance: 3:55 min/km

Rank in course/Total: 31 (of 637)

Rank in course/Men: 30 (of 493)

Best time in course: 31:35

Rank in category: 11(of 133)

Best time in the category: 32:01

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	7:48	3:53	14	1:31	39	1:31	2.00	7:48	3:53	5	1:31	22	1:31
Runde Langstrec	2.00	7:45	3:52	8	1:22	25	1:22	4.00	15:33	3:53	7	2:53	26	2:53
Runde Langstrec	2.00	8:02	4:00	13	1:34	31	1:34	6.00	23:35	3:55	7	4:27	26	4:27
Runde Langstrec	2.00	7:57	3:58	9	1:33	27	1:33	8.00	31:32	3:56	7	6:00	25	6:00
Leichtathletikhal	2.00	7:43	3:51	5	1:14	26	1:40	10.00	39:15	3:55	11	7:14	30	7:40