



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bauer, Matthias

Club: delicioussign

Number: 1499

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 37:31

Speed: 15.99 km/h

Running performance: 3:45 min/km

Rank in course/Total: 19 (of 637)

Rank in course/Men: 19 (of 493)

Best time in course: 31:35

Rank in category: 4(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	7:07	3:33	4	0:50	15	0:50	2.00	7:07	3:33	8	0:50	27	0:50
Runde Langstrec	2.00	7:26	3:43	4	1:03	20	1:03	4.00	14:33	3:38	8	1:53	27	1:53
Runde Langstrec	2.00	7:35	3:47	4	1:07	20	1:07	6.00	22:08	3:41	8	3:00	27	3:00
Runde Langstrec	2.00	7:40	3:50	4	1:16	19	1:16	8.00	29:48	3:43	8	4:16	26	4:16
Leichtathletikh	2.00	7:43	3:51	5	1:14	26	1:40	10.00	37:31	3:45	4	5:30	19	5:56