



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Martin, Kai

Club: SV Klengel Serba 09 - Team Otteryak
Number: 1556

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:51

Speed: 15.44 km/h

Running performance: 3:53 min/km

Rank in course/Total: 27 (of 637)

Rank in course/Men: 26 (of 493)

Best time in course: 31:35

Rank in category: 8(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	7:36	3:47	12	1:19	33	1:19	2.00	7:36	3:47	9	1:19	28	1:19
Runde Langstrec	2.00	7:46	3:53	10	1:23	27	1:23	4.00	15:22	3:50	9	2:42	28	2:42
Runde Langstrec	2.00	7:51	3:55	8	1:23	24	1:23	6.00	23:13	3:52	9	4:05	28	4:05
Runde Langstrec	2.00	7:55	3:57	6	1:31	22	1:31	8.00	31:08	3:53	9	5:36	27	5:36
Leichtathletikh	2.00	7:43	3:51	5	1:14	26	1:40	10.00	38:51	3:53	8	6:50	26	7:16