



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Münch, Heiko

Club: sc Impuls Erfurt

Number: 1322

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:57

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 49 (of 637)

Rank in course/Men: 48 (of 493)

Best time in course: 31:35

Rank in category: 7(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	7:52	3:55	7	1:24	42	1:35	2.00	7:52	3:55	5	1:24	31	1:35
Runde Langstrec	2.00	8:04	4:01	7	1:22	46	1:41	4.00	15:56	3:59	5	2:46	31	3:16
Runde Langstrec	2.00	8:17	4:08	8	1:25	46	1:49	6.00	24:13	4:02	5	4:11	31	5:05
Runde Langstrec	2.00	8:26	4:13	8	1:40	51	2:02	8.00	32:39	4:04	4	5:51	30	7:07
Leichtathletikhal	2.00	8:18	4:09	10	1:31	66	2:15	10.00	40:57	4:05	7	7:22	48	9:22