



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seckel, Toni

Club: Topder activ

Number: 1682

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:15

Speed: 14.91 km/h

Running performance: 4:02 min/km

Rank in course/Total: 42 (of 637)

Rank in course/Men: 41 (of 493)

Best time in course: 31:35

Rank in category: 17(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	8:02	4:00	19	1:45	47	1:45	2.00	8:02	4:00	14	1:45	36	1:45
Runde Langstrec	2.00	7:53	3:56	15	1:30	35	1:30	4.00	15:55	3:58	14	3:15	36	3:15
Runde Langstrec	2.00	8:08	4:03	15	1:40	36	1:40	6.00	24:03	4:00	14	4:55	36	4:55
Runde Langstrec	2.00	8:07	4:03	13	1:43	34	1:43	8.00	32:10	4:01	14	6:38	35	6:38
Leichtathletikh	2.00	8:05	4:02	22	1:36	48	2:02	10.00	40:15	4:01	17	8:14	41	8:40