



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rinke, Niklas

Club: LV Gera

Number: 1569

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 40:25

Speed: 14.85 km/h

Running performance: 4:02 min/km

Rank in course/Total: 44 (of 637)

Rank in course/Men: 43 (of 493)

Best time in course: 31:35

Rank in category: 5(of 21)

Best time in the category: 33:03

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	7:09	3:34	3	0:52	16	0:52	2.00	7:09	3:34	18		38	0:52
Runde Langstrec	2.00	7:36	3:47	4	1:06	23	1:13	4.00	14:45	3:41	18		32	2:05
Runde Langstrec	2.00	8:20	4:10	5	1:32	50	1:52	6.00	23:05	3:50	18		38	3:57
Runde Langstrec	2.00	7:56	3:58	5	1:09	26	1:32	8.00	31:01	3:52	18		29	5:29
Leichtathletikhal	2.00	9:24	4:42	9	2:43	186	3:21	10.00	40:25	4:02	5	7:22	43	8:50