



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Thiel, Stefan

Club: SV Empor Buttstädt

Number: 1271

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:28

Speed: 14.83 km/h

Running performance: 4:03 min/km

Rank in course/Total: 45 (of 637)

Rank in course/Men: 44 (of 493)

Best time in course: 31:35

Rank in category: 19(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	8:12	4:05	24	1:49	54	1:49	4.00	16:14	4:03	16	3:34	40	3:34
Runde Langstrec	2.00	8:17	4:08	20	1:49	46	1:49	6.00	24:31	4:05	16	5:23	40	5:23
Runde Langstrec	2.00	8:13	4:06	17	1:49	43	1:49	8.00	32:44	4:05	16	7:12	39	7:12
Leichtathletikh	2.00	7:44	3:52	9	1:15	30	1:41	10.00	40:28	4:02	19	8:27	44	8:53