



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Neeb, Fiete

Number: 1659

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:40

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 34 (of 637)

Rank in course/Men: 32 (of 493)

Best time in course: 31:35

Rank in category: 13(of 133)

Best time in the category: 32:01

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 8:00          | 4:00            | 16          | 1:43           | 44         | 1:43          | 2.00        | 8:00          | 4:00            | 13          | 1:43           | 35         | 1:43          |
| Runde Langstrec   | 2.00        | 7:47          | 3:53            | 11          | 1:24           | 28         | 1:24          | 4.00        | 15:47         | 3:56            | 12          | 3:07           | 33         | 3:07          |
| Runde Langstrec   | 2.00        | 7:58          | 3:59            | 12          | 1:30           | 28         | 1:30          | 6.00        | 23:45         | 3:57            | 18          | 4:37           | 42         | 4:37          |
| Runde Langstrec   | 2.00        | 8:07          | 4:03            | 13          | 1:43           | 34         | 1:43          | 8.00        | 31:52         | 3:59            | 18          | 6:20           | 41         | 6:20          |
| Leichtathletikhal | 2.00        | 7:48          | 3:53            | 11          | 1:19           | 33         | 1:45          | 10.00       | 39:40         | 3:57            | 13          | 7:39           | 32         | 8:05          |