



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stutzig, Henrik

Club: Katholische Laufjugend Arnstadt

Number: 1062

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:48

Speed: 14.35 km/h

Running performance: 4:11 min/km

Rank in course/Total: 58 (of 637)

Rank in course/Men: 57 (of 493)

Best time in course: 31:35

Rank in category: 25(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	8:14	4:06	27	1:57	62	1:57	2.00	8:14	4:06	19	1:57	43	1:57
Runde Langstrec	2.00	8:15	4:07	26	1:52	57	1:52	4.00	16:29	4:07	19	3:49	43	3:49
Runde Langstrec	2.00	8:31	4:15	30	2:03	65	2:03	6.00	25:00	4:10	19	5:52	43	5:52
Runde Langstrec	2.00	8:34	4:16	27	2:10	60	2:10	8.00	33:34	4:11	19	8:02	42	8:02
Leichtathletikh	2.00	8:14	4:06	29	1:45	60	2:11	10.00	41:48	4:10	25	9:47	57	10:13