



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Voigt, Dominik

Club: Erfurt

Number: 1074

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:55

Speed: 14.31 km/h

Running performance: 4:11 min/km

Rank in course/Total: 60 (of 637)

Rank in course/Men: 59 (of 493)

Best time in course: 31:35

Rank in category: 9(of 135)

Best time in the category: 33:35

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	8:17	4:08	13	1:49	68	2:00	2.00	8:17	4:08	7	1:49	45	2:00
Runde Langstrec	2.00	8:21	4:10	9	1:39	60	1:58	4.00	16:38	4:09	7	3:28	45	3:58
Runde Langstrec	2.00	8:27	4:13	9	1:35	57	1:59	6.00	25:05	4:10	7	5:03	45	5:57
Runde Langstrec	2.00	8:31	4:15	10	1:45	57	2:07	8.00	33:36	4:12	6	6:48	44	8:04
Leichtathletikhal	2.00	8:19	4:09	11	1:32	67	2:16	10.00	41:55	4:11	9	8:20	59	10:20