



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meier, Steffen

Number: 1646

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:43

Speed: 15.11 km/h

Running performance: 3:58 min/km

Rank in course/Total: 35 (of 637)

Rank in course/Men: 34 (of 493)

Best time in course: 31:35

Rank in category: 4(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	7:36	3:47	4	1:08	33	1:19	2.00	7:36	3:47	8	1:08	28	1:19
Runde Langstrec	2.00	7:58	3:59	5	1:16	41	1:35	4.00	15:34	3:53	8	2:24	49	2:54
Runde Langstrec	2.00	8:03	4:01	4	1:11	32	1:35	6.00	23:37	3:56	8	3:35	49	4:29
Runde Langstrec	2.00	8:08	4:03	4	1:22	37	1:44	8.00	31:45	3:58	7	4:57	48	6:13
Leichtathletikhal	2.00	7:58	3:59	6	1:11	42	1:55	10.00	39:43	3:58	4	6:08	34	8:08