



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend

Number: 1187

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 40:13

Speed: 14.92 km/h

Running performance: 4:01 min/km

Rank in course/Total: 41 (of 637)

Rank in course/Men: 40 (of 493)

Best time in course: 31:35

Rank in category: 14(of 69)

Best time in the category: 31:35

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	8:10	4:04	16	1:53	60	1:53	2.00	8:10	4:04	39		56	1:53
Runde Langstrec	2.00	8:08	4:03	16	1:45	50	1:45	4.00	16:18	4:04	39		56	3:38
Runde Langstrec	2.00	8:10	4:04	14	1:42	38	1:42	6.00	24:28	4:04	39		54	5:20
Runde Langstrec	2.00	8:07	4:03	14	1:43	34	1:43	8.00	32:35	4:04	38		55	7:03
Leichtathletikhal	2.00	7:38	3:49	13	1:35	21	1:35	10.00	40:13	4:01	14	8:38	40	8:38