



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schöneck, Uwe

Club: SV 1910 Kahla / TEA

Number: 1155

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:28

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 86 (of 637)

Rank in course/Men: 83 (of 493)

Best time in course: 31:35

Rank in category: 14(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	8:28	4:14	17	2:00	76	2:11	2.00	8:28	4:14	11	2:00	64	2:11
Runde Langstrec	2.00	8:47	4:23	27	2:05	114	2:24	4.00	17:15	4:18	11	4:05	64	4:35
Runde Langstrec	2.00	8:47	4:23	21	1:55	87	2:19	6.00	26:02	4:20	11	6:00	64	6:54
Runde Langstrec	2.00	8:58	4:29	21	2:12	105	2:34	8.00	35:00	4:22	10	8:12	63	9:28
Leichtathletikhal	2.00	8:28	4:14	13	1:41	77	2:25	10.00	43:28	4:20	14	9:53	83	11:53