



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schade, Ronny

Club: SV Rennsteig Ernstthal

Number: 1705

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:56

Speed: 14.31 km/h

Running performance: 4:11 min/km

Rank in course/Total: 61 (of 637)

Rank in course/Men: 60 (of 493)

Best time in course: 31:35

Rank in category: 27(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	8:55	4:27	42	2:38	116	2:38	2.00	8:55	4:27	28	2:38	66	2:38
Runde Langstrec	2.00	8:14	4:06	25	1:51	55	1:51	4.00	17:09	4:17	28	4:29	66	4:29
Runde Langstrec	2.00	8:18	4:09	21	1:50	48	1:50	6.00	25:27	4:14	28	6:19	66	6:19
Runde Langstrec	2.00	8:25	4:12	22	2:01	49	2:01	8.00	33:52	4:14	28	8:20	65	8:20
Leichtathletikh	2.00	8:04	4:01	21	1:35	47	2:01	10.00	41:56	4:11	27	9:55	60	10:21