



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Scharf, Torsten

Club: Lauffreunde Schmira

Number: 1576

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:04

Speed: 13.93 km/h

Running performance: 4:19 min/km

Rank in course/Total: 73 (of 637)

Rank in course/Men: 71 (of 493)

Best time in course: 31:35

Rank in category: 11(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	8:31	4:15	18	2:03	78	2:14	2.00	8:31	4:15	13	2:03	67	2:14
Runde Langstrec	2.00	8:30	4:15	15	1:48	71	2:07	4.00	17:01	4:15	13	3:51	67	4:21
Runde Langstrec	2.00	8:37	4:18	11	1:45	71	2:09	6.00	25:38	4:16	13	5:36	48	6:30
Runde Langstrec	2.00	8:42	4:20	12	1:56	69	2:18	8.00	34:20	4:17	12	7:32	66	8:48
Leichtathletikhal	2.00	8:44	4:21	22	1:57	108	2:41	10.00	43:04	4:18	11	9:29	71	11:29