



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Exner, Stephan

Club: GEC

Number: 1212

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:12

Speed: 14.22 km/h

Running performance: 4:13 min/km

Rank in course/Total: 64 (of 637)

Rank in course/Men: 62 (of 493)

Best time in course: 31:35

Rank in category: 28(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	8:37	4:18	34	2:20	86	2:20	2.00	8:37	4:18	29	2:20	69	2:20
Runde Langstrec	2.00	8:34	4:16	30	2:11	74	2:11	4.00	17:11	4:17	29	4:31	69	4:31
Runde Langstrec	2.00	8:28	4:14	27	2:00	60	2:00	6.00	25:39	4:16	29	6:31	69	6:31
Runde Langstrec	2.00	8:26	4:13	24	2:02	51	2:02	8.00	34:05	4:15	29	8:33	68	8:33
Leichtathletikh	2.00	8:07	4:03	24	1:38	50	2:04	10.00	42:12	4:13	28	10:11	62	10:37