



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hüttenmüller, Uwe

Club: SG Eintracht Wendehausen

Number: 1527

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:46

Speed: 14.03 km/h

Running performance: 4:17 min/km

Rank in course/Total: 69 (of 637)

Rank in course/Men: 67 (of 493)

Best time in course: 31:35

Rank in category: 31(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	8:33	4:16	32	2:16	80	2:16	2.00	8:33	4:16	23	2:16	48	2:16
Runde Langstrec	2.00	8:40	4:19	38	2:17	88	2:17	4.00	17:13	4:18	31	4:33	74	4:33
Runde Langstrec	2.00	8:39	4:19	33	2:11	73	2:11	6.00	25:52	4:18	31	6:44	74	6:44
Runde Langstrec	2.00	8:42	4:20	32	2:18	69	2:18	8.00	34:34	4:19	31	9:02	73	9:02
Leichtathletikhal	2.00	8:12	4:05	27	1:43	57	2:09	10.00	42:46	4:16	31	10:45	67	11:11