



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Knoth, Holger

Club: TSV Wacker Steinheit

Number: 1493

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 42:07

Speed: 14.25 km/h

Running performance: 4:13 min/km

Rank in course/Total: 63 (of 637)

Rank in course/Men: 61 (of 493)

Best time in course: 31:35

Rank in category: 17(of 69)

Best time in the category: 31:35

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	8:55	4:27	24	2:38	116	2:38	2.00	8:55	4:27	45		66	2:38
Runde Langstrec	2.00	8:14	4:06	17	1:51	55	1:51	4.00	17:09	4:17	45		66	4:29
Runde Langstrec	2.00	8:21	4:10	16	1:53	52	1:53	6.00	25:30	4:15	45		77	6:22
Runde Langstrec	2.00	8:28	4:14	16	2:04	54	2:04	8.00	33:58	4:14	44		76	8:26
Leichtathletikh	2.00	8:09	4:04	17	2:06	53	2:06	10.00	42:07	4:12	17	10:32	61	10:32