



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köhler, Christoph

Club: Vehemare Ultras

Number: 1546

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 43:31

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 89 (of 637)

Rank in course/Men: 86 (of 493)

Best time in course: 31:35

Rank in category: 21(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	8:34	4:16	18	2:17	82	2:17	2.00	8:34	4:16	69		78	2:17
Runde Langstrec	2.00	8:43	4:21	21	2:20	98	2:20	4.00	17:17	4:19	69		78	4:37
Runde Langstrec	2.00	8:50	4:25	19	2:22	95	2:22	6.00	26:07	4:21	69		78	6:59
Runde Langstrec	2.00	8:47	4:23	19	2:23	76	2:23	8.00	34:54	4:21	68		77	9:22
Leichtathletikh	2.00	8:37	4:18	24	2:34	96	2:34	10.00	43:31	4:21	21	11:56	86	11:56