



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Tressel, Tobias

Club: Kirmesbuschen Wülfingerode

Number: 1309

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:01

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 72 (of 637)

Rank in course/Men: 70 (of 493)

Best time in course: 31:35

Rank in category: 33(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	8:09	4:04	26	1:52	59	1:52	2.00	8:09	4:04	35	1:52	81	1:52
Runde Langstrec	2.00	8:24	4:12	27	2:01	61	2:01	4.00	16:33	4:08	35	3:53	81	3:53
Runde Langstrec	2.00	8:53	4:26	45	2:25	103	2:25	6.00	25:26	4:14	35	6:18	50	6:18
Runde Langstrec	2.00	8:49	4:24	37	2:25	81	2:25	8.00	34:15	4:16	35	8:43	80	8:43
Leichtathletikhal	2.00	8:46	4:23	50	2:17	113	2:43	10.00	43:01	4:18	33	11:00	70	11:26