



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fritsch, Steve

Club: Erfurt

Number: 1382

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:45

Speed: 14.04 km/h

Running performance: 4:17 min/km

Rank in course/Total: 68 (of 637)

Rank in course/Men: 66 (of 493)

Best time in course: 31:35

Rank in category: 30(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	8:31	4:15	31	2:14	78	2:14	2.00	8:31	4:15	36	2:14	67	2:14
Runde Langstrec	2.00	8:35	4:17	31	2:12	76	2:12	4.00	17:06	4:16	36	4:26	85	4:26
Runde Langstrec	2.00	8:39	4:19	33	2:11	73	2:11	6.00	25:45	4:17	36	6:37	85	6:37
Runde Langstrec	2.00	8:49	4:24	37	2:25	81	2:25	8.00	34:34	4:19	31	9:02	73	9:02
Leichtathletikh	2.00	8:11	4:05	26	1:42	54	2:08	10.00	42:45	4:16	30	10:44	66	11:10