



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rinke, Jörn

Club: TSV 1880 Gera Zwötzen

Number: 1568

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:30

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 88 (of 637)

Rank in course/Men: 85 (of 493)

Best time in course: 31:35

Rank in category: 16(of 135)

Best time in the category: 33:35

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	8:36	4:17	20	2:08	84	2:19	2.00	8:36	4:17	17	2:08	82	2:19
Runde Langstrec	2.00	8:28	4:14	12	1:46	66	2:05	4.00	17:04	4:15	17	3:54	86	4:24
Runde Langstrec	2.00	8:42	4:20	17	1:50	81	2:14	6.00	25:46	4:17	17	5:44	86	6:38
Runde Langstrec	2.00	8:51	4:25	17	2:05	89	2:27	8.00	34:37	4:19	16	7:49	85	9:05
Leichtathletikhal	2.00	8:53	4:26	30	2:06	129	2:50	10.00	43:30	4:20	16	9:55	85	11:55