



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kraushaar, Thorsten

Club: ANNAKRAM e.V.

Number: 1394

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:16

Speed: 13.55 km/h

Running performance: 4:26 min/km

Rank in course/Total: 110 (of 637)

Rank in course/Men: 106 (of 493)

Best time in course: 31:35

Rank in category: 25(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	9:15	4:37	41	2:47	155	2:58	2.00	9:15	4:37	20	2:47	90	2:58
Runde Langstrec	2.00	8:39	4:19	18	1:57	86	2:16	4.00	17:54	4:28	16	4:44	83	5:14
Runde Langstrec	2.00	8:45	4:22	19	1:53	84	2:17	6.00	26:39	4:26	20	6:37	90	7:31
Runde Langstrec	2.00	8:53	4:26	20	2:07	94	2:29	8.00	35:32	4:26	19	8:44	89	10:00
Leichtathletikh	2.00	8:44	4:21	22	1:57	108	2:41	10.00	44:16	4:25	25	10:41	106	12:41