



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dembeck, Nils

Club: Sportgruppe FA/UA-Btl 1

Number: 1049

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:43

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 117 (of 637)

Rank in course/Men: 113 (of 493)

Best time in course: 31:35

Rank in category: 47(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	10:25	5:12	76	4:08	262	4:08	2.00	10:25	5:12	38	4:08	91	4:08
Runde Langstrec	2.00	8:41	4:20	39	2:18	89	2:18	4.00	19:06	4:46	38	6:26	91	6:26
Runde Langstrec	2.00	8:38	4:18	32	2:10	72	2:10	6.00	27:44	4:37	38	8:36	91	8:36
Runde Langstrec	2.00	8:42	4:20	32	2:18	69	2:18	8.00	36:26	4:33	38	10:54	90	10:54
Leichtathletikhal	2.00	8:17	4:08	32	1:48	64	2:14	10.00	44:43	4:28	47	12:42	113	13:08