



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück

Number: 1620

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:24

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 145 (of 637)

Rank in course/Men: 139 (of 493)

Best time in course: 31:35

Rank in category: 40(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	8:56	4:28	34	2:28	119	2:39	2.00	8:56	4:28	21	2:28	92	2:39
Runde Langstrec	2.00	9:04	4:31	42	2:22	149	2:41	4.00	18:00	4:30	21	4:50	87	5:20
Runde Langstrec	2.00	9:09	4:34	34	2:17	137	2:41	6.00	27:09	4:31	21	7:07	92	8:01
Runde Langstrec	2.00	9:16	4:38	37	2:30	139	2:52	8.00	36:25	4:33	20	9:37	91	10:53
Leichtathletikhal	2.00	8:59	4:29	36	2:12	138	2:56	10.00	45:24	4:32	40	11:49	139	13:49