



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kretschmer, Torsten

Club: Erfurt

Number: 1355

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:40

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 116 (of 637)

Rank in course/Men: 112 (of 493)

Best time in course: 31:35

Rank in category: 46(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	9:31	4:45	64	3:14	184	3:14	2.00	9:31	4:45	42	3:14	100	3:14
Runde Langstrec	2.00	8:38	4:18	34	2:15	83	2:15	4.00	18:09	4:32	42	5:29	100	5:29
Runde Langstrec	2.00	8:54	4:27	46	2:26	104	2:26	6.00	27:03	4:30	42	7:55	100	7:55
Runde Langstrec	2.00	8:55	4:27	41	2:31	96	2:31	8.00	35:58	4:29	42	10:26	99	10:26
Leichtathletikh	2.00	8:42	4:20	46	2:13	103	2:39	10.00	44:40	4:28	46	12:39	112	13:05