



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rieder, Carsten

Number: 1677

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:32

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 149 (of 637)

Rank in course/Men: 143 (of 493)

Best time in course: 31:35

Rank in category: 54(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	9:17	4:38	53	3:00	157	3:00	2.00	9:17	4:38	43	3:00	101	3:00
Runde Langstrec	2.00	8:49	4:24	50	2:26	119	2:26	4.00	18:06	4:31	43	5:26	98	5:26
Runde Langstrec	2.00	9:05	4:32	50	2:37	127	2:37	6.00	27:11	4:31	43	8:03	101	8:03
Runde Langstrec	2.00	9:18	4:39	55	2:54	149	2:54	8.00	36:29	4:33	43	10:57	100	10:57
Leichtathletikhal	2.00	9:03	4:31	55	2:34	143	3:00	10.00	45:32	4:33	54	13:31	143	13:57