



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wagner, Jens

Club: SWE

Number: 1361

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:17

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 164 (of 637)

Rank in course/Men: 158 (of 493)

Best time in course: 31:35

Rank in category: 57(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	8:41	4:20	38	2:24	93	2:24	2.00	8:41	4:20	44	2:24	103	2:24
Runde Langstrec	2.00	9:30	4:45	63	3:07	192	3:07	4.00	18:11	4:32	44	5:31	103	5:31
Runde Langstrec	2.00	9:30	4:45	64	3:02	185	3:02	6.00	27:41	4:36	44	8:33	103	8:33
Runde Langstrec	2.00	9:26	4:43	59	3:02	164	3:02	8.00	37:07	4:38	44	11:35	102	11:35
Leichtathletikh	2.00	9:10	4:34	58	2:41	159	3:07	10.00	46:17	4:37	57	14:16	158	14:42