



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krannich, Steffen

Club: Altenfeld

Number: 1603

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:54

Speed: 13.36 km/h

Running performance: 4:29 min/km

Rank in course/Total: 124 (of 637)

Rank in course/Men: 120 (of 493)

Best time in course: 31:35

Rank in category: 31(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	8:48	4:24	27	2:20	102	2:31	2.00	8:48	4:24	25	2:20	94	2:31
Runde Langstrec	2.00	8:49	4:24	28	2:07	119	2:26	4.00	17:37	4:24	25	4:27	104	4:57
Runde Langstrec	2.00	8:56	4:28	28	2:04	114	2:28	6.00	26:33	4:25	25	6:31	104	7:25
Runde Langstrec	2.00	9:13	4:36	32	2:27	130	2:49	8.00	35:46	4:28	24	8:58	103	10:14
Leichtathletikhal	2.00	9:08	4:33	43	2:21	154	3:05	10.00	44:54	4:29	31	11:19	120	13:19