



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Tauber, Kay

Club: Team Kyffhäuser Bike and Run

Number: 1065

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:36

Speed: 13.76 km/h

Running performance: 4:22 min/km

Rank in course/Total: 92 (of 637)

Rank in course/Men: 89 (of 493)

Best time in course: 31:35

Rank in category: 40(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	8:26	4:13	30	2:09	74	2:09	2.00	8:26	4:13	47	2:09	114	2:09
Runde Langstrec	2.00	8:42	4:20	40	2:19	91	2:19	4.00	17:08	4:16	47	4:28	114	4:28
Runde Langstrec	2.00	8:49	4:24	37	2:21	89	2:21	6.00	25:57	4:19	47	6:49	65	6:49
Runde Langstrec	2.00	8:55	4:27	41	2:31	96	2:31	8.00	34:52	4:21	37	9:20	86	9:20
Leichtathletikhal	2.00	8:44	4:21	49	2:15	108	2:41	10.00	43:36	4:21	40	11:35	89	12:01