



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Kölsch, Wolfgang**

Club: Ostwest Express e.V.

Number: 1455

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:09

Speed: 13.59 km/h

Running performance: 4:25 min/km

Rank in course/Total: 108 (of 637)

Rank in course/Men: 104 (of 493)

Best time in course: 31:35

Rank in category: 23(of 135)

Best time in the category: 33:35

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec | 2.00        | 9:23          | 4:41            | 42          | 2:55           | 169        | 3:06          | 2.00        | 9:23          | 4:41            | 30          | 2:55           | 113        | 3:06          |
| Runde Langstrec | 2.00        | 8:44          | 4:21            | 22          | 2:02           | 102        | 2:21          | 4.00        | 18:07         | 4:31            | 31          | 4:57           | 115        | 5:27          |
| Runde Langstrec | 2.00        | 8:39          | 4:19            | 12          | 1:47           | 73         | 2:11          | 6.00        | 26:46         | 4:27            | 31          | 6:44           | 115        | 7:38          |
| Runde Langstrec | 2.00        | 8:44          | 4:21            | 13          | 1:58           | 72         | 2:20          | 8.00        | 35:30         | 4:26            | 30          | 8:42           | 114        | 9:58          |
| Leichtathletikh | 2.00        | 8:39          | 4:19            | 18          | 1:52           | 99         | 2:36          | 10.00       | 44:09         | 4:24            | 23          | 10:34          | 104        | 12:34         |