



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Frießleben, Sven

Club: Jena

Number: 1279

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 162 (of 637)

Rank in course/Men: 156 (of 493)

Best time in course: 31:35

Rank in category: 56(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	9:09	4:34	46	2:52	137	2:52	2.00	9:09	4:34	49	2:52	73	2:52
Runde Langstrec	2.00	9:12	4:35	58	2:49	166	2:49	4.00	18:21	4:35	49	5:41	120	5:41
Runde Langstrec	2.00	9:22	4:41	57	2:54	165	2:54	6.00	27:43	4:37	49	8:35	120	8:35
Runde Langstrec	2.00	9:35	4:47	62	3:11	175	3:11	8.00	37:18	4:39	49	11:46	112	11:46
Leichtathletikh	2.00	8:58	4:29	53	2:29	136	2:55	10.00	46:16	4:37	56	14:15	156	14:41