



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hermanns, Till

Club: Buchow

Number: 1353

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:32

Speed: 13.78 km/h

Running performance: 4:21 min/km

Rank in course/Total: 90 (of 637)

Rank in course/Men: 87 (of 493)

Best time in course: 31:35

Rank in category: 38(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	8:39	4:19	37	2:16	86	2:16	4.00	17:48	4:27	50	5:08	122	5:08
Runde Langstrec	2.00	8:40	4:19	35	2:12	77	2:12	6.00	26:28	4:24	50	7:20	83	7:20
Runde Langstrec	2.00	8:45	4:22	34	2:21	74	2:21	8.00	35:13	4:24	50	9:41	121	9:41
Leichtathletikhal	2.00	8:19	4:09	33	1:50	67	2:16	10.00	43:32	4:21	38	11:31	87	11:57