



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Becker, Jörg

Club: Erfurt

Number: 1185

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:06

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 130 (of 637)

Rank in course/Men: 126 (of 493)

Best time in course: 31:35

Rank in category: 49(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	9:19	4:39	56	3:02	162	3:02	2.00	9:19	4:39	51	3:02	124	3:02
Runde Langstrec	2.00	8:47	4:23	47	2:24	114	2:24	4.00	18:06	4:31	43	5:26	98	5:26
Runde Langstrec	2.00	9:01	4:30	49	2:33	120	2:33	6.00	27:07	4:31	51	7:59	124	7:59
Runde Langstrec	2.00	9:17	4:38	53	2:53	143	2:53	8.00	36:24	4:32	51	10:52	123	10:52
Leichtathletikh	2.00	8:42	4:20	46	2:13	103	2:39	10.00	45:06	4:30	49	13:05	126	13:31