



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hengelhaupt, Thorsten

Club: SV Ichtershausen

Number: 1643

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:30

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 147 (of 637)

Rank in course/Men: 141 (of 493)

Best time in course: 31:35

Rank in category: 53(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	9:04	4:31	44	2:47	128	2:47	2.00	9:04	4:31	52	2:47	125	2:47
Runde Langstrec	2.00	8:54	4:27	53	2:31	132	2:31	4.00	17:58	4:29	52	5:18	121	5:18
Runde Langstrec	2.00	9:07	4:33	53	2:39	133	2:39	6.00	27:05	4:30	52	7:57	125	7:57
Runde Langstrec	2.00	9:17	4:38	53	2:53	143	2:53	8.00	36:22	4:32	52	10:50	124	10:50
Leichtathletikhal	2.00	9:08	4:33	57	2:39	154	3:05	10.00	45:30	4:32	53	13:29	141	13:55