



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röhrig, Silvio

Club: Bischofrod

Number: 1634

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:22

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 168 (of 637)

Rank in course/Men: 161 (of 493)

Best time in course: 31:35

Rank in category: 46(of 135)

Best time in the category: 33:35

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	8:55	4:27	33	2:27	116	2:38	2.00	8:55	4:27	33	2:27	66	2:38
Runde Langstrec	2.00	9:08	4:33	44	2:26	155	2:45	4.00	18:03	4:30	22	4:53	93	5:23
Runde Langstrec	2.00	9:27	4:43	52	2:35	176	2:59	6.00	27:30	4:34	33	7:28	126	8:22
Runde Langstrec	2.00	9:33	4:46	50	2:47	173	3:09	8.00	37:03	4:37	32	10:15	125	11:31
Leichtathletikhal	2.00	9:19	4:39	50	2:32	173	3:16	10.00	46:22	4:38	46	12:47	161	14:47