



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Helbing, Frank

Club: GM Rennsteiglaufverein e.V.

Number: 1053

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:34

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 173 (of 637)

Rank in course/Men: 166 (of 493)

Best time in course: 31:35

Rank in category: 59(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	9:05	4:32	45	2:48	132	2:48	2.00	9:05	4:32	53	2:48	93	2:48
Runde Langstrec	2.00	9:00	4:30	54	2:37	141	2:37	4.00	18:05	4:31	53	5:25	127	5:25
Runde Langstrec	2.00	9:26	4:43	60	2:58	174	2:58	6.00	27:31	4:35	53	8:23	127	8:23
Runde Langstrec	2.00	9:40	4:49	66	3:16	184	3:16	8.00	37:11	4:38	53	11:39	126	11:39
Leichtathletikhal	2.00	9:23	4:41	66	2:54	183	3:20	10.00	46:34	4:39	59	14:33	166	14:59