



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kuck, Matthias

Club: FSV Blau-Weiß 90 Stadtilm

Number: 1144

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 45:28

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 146 (of 637)

Rank in course/Men: 140 (of 493)

Best time in course: 31:35

Rank in category: 27(of 69)

Best time in the category: 31:35

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	8:44	4:21	21	2:27	95	2:27	2.00	8:44	4:21	65		75	2:27
Runde Langstrec	2.00	8:42	4:20	19	2:19	91	2:19	4.00	17:26	4:21	65		105	4:46
Runde Langstrec	2.00	9:02	4:30	25	2:34	122	2:34	6.00	26:28	4:24	65		83	7:20
Runde Langstrec	2.00	9:17	4:38	27	2:53	143	2:53	8.00	35:45	4:28	64		129	10:13
Leichtathletikh	2.00	9:43	4:51	39	3:40	223	3:40	10.00	45:28	4:32	27	13:53	140	13:53