



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Panse, Jens

Club: USV Erfurt

Number: 1296

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:43

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 118 (of 637)

Rank in course/Men: 113 (of 493)

Best time in course: 31:35

Rank in category: 26(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	8:40	4:19	21	2:12	91	2:23	2.00	8:40	4:19	35	2:12	110	2:23
Runde Langstrec	2.00	8:50	4:25	29	2:08	122	2:27	4.00	17:30	4:22	35	4:20	133	4:50
Runde Langstrec	2.00	9:07	4:33	33	2:15	133	2:39	6.00	26:37	4:26	35	6:35	133	7:29
Runde Langstrec	2.00	9:16	4:38	37	2:30	139	2:52	8.00	35:53	4:29	34	9:05	132	10:21
Leichtathletikh	2.00	8:50	4:25	28	2:03	120	2:47	10.00	44:43	4:28	26	11:08	113	13:08