



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Scheel, Ronny

Club: Baldur auf Tour

Number: 1577

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:45

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 121 (of 637)

Rank in course/Men: 117 (of 493)

Best time in course: 31:35

Rank in category: 28(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	10:38	5:18	77	4:10	285	4:21	2.00	10:38	5:18	37	4:10	136	4:21
Runde Langstrec	2.00	8:55	4:27	36	2:13	135	2:32	4.00	19:33	4:53	37	6:23	136	6:53
Runde Langstrec	2.00	8:39	4:19	12	1:47	73	2:11	6.00	28:12	4:42	37	8:10	136	9:04
Runde Langstrec	2.00	8:26	4:13	8	1:40	51	2:02	8.00	36:38	4:34	36	9:50	135	11:06
Leichtathletikh	2.00	8:07	4:03	7	1:20	50	2:04	10.00	44:45	4:28	28	11:10	117	13:10