



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kreim, Martin

Club: Gerstungen

Number: 1401

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:53

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 123 (of 637)

Rank in course/Men: 119 (of 493)

Best time in course: 31:35

Rank in category: 30(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	8:46	4:23	25	2:18	100	2:29	2.00	8:46	4:23	38	2:18	138	2:29
Runde Langstrec	2.00	8:54	4:27	34	2:12	132	2:31	4.00	17:40	4:25	38	4:30	138	5:00
Runde Langstrec	2.00	9:02	4:30	30	2:10	122	2:34	6.00	26:42	4:27	38	6:40	138	7:34
Runde Langstrec	2.00	9:06	4:32	29	2:20	117	2:42	8.00	35:48	4:28	37	9:00	96	10:16
Leichtathletikh	2.00	9:05	4:32	39	2:18	148	3:02	10.00	44:53	4:29	30	11:18	119	13:18