



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Ehrhardt, Oliver

Club: Waldläufer

Number: 1512

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:45

Speed: 12.57 km/h

Running performance: 4:47 min/km

Rank in course/Total: 196 (of 637)

Rank in course/Men: 184 (of 493)

Best time in course: 31:35

Rank in category: 62(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	10:37	5:18	81	4:20	282	4:20	2.00	10:37	5:18	57	4:20	145	4:20
Runde Langstrec	2.00	9:31	4:45	65	3:08	196	3:08	4.00	20:08	5:01	57	7:28	145	7:28
Runde Langstrec	2.00	9:28	4:44	61	3:00	177	3:00	6.00	29:36	4:56	57	10:28	145	10:28
Runde Langstrec	2.00	9:22	4:41	57	2:58	158	2:58	8.00	38:58	4:52	57	13:26	144	13:26
Leichtathletikhal	2.00	8:47	4:23	51	2:18	114	2:44	10.00	47:45	4:46	62	15:44	184	16:10