



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Sprogies, Hannes

Club: Kornwestheim

Number: 1178

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 45:21

Speed: 13.23 km/h

Running performance: 4:32 min/km

Rank in course/Total: 143 (of 637)

Rank in course/Men: 137 (of 493)

Best time in course: 31:35

Rank in category: 26(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	9:18	4:39	30	3:01	159	3:01	2.00	9:18	4:39	61		80	3:01
Runde Langstrec	2.00	8:57	4:28	26	2:34	139	2:34	4.00	18:15	4:33	61		117	5:35
Runde Langstrec	2.00	9:03	4:31	26	2:35	124	2:35	6.00	27:18	4:32	61		147	8:10
Runde Langstrec	2.00	9:12	4:35	25	2:48	127	2:48	8.00	36:30	4:33	60		98	10:58
Leichtathletikh	2.00	8:51	4:25	28	2:48	124	2:48	10.00	45:21	4:32	26	13:46	137	13:46