



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wolfram, Falko

Club: RV-Elxleben

Number: 1165

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:29

Speed: 12.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 172 (of 637)

Rank in course/Men: 165 (of 493)

Best time in course: 31:35

Rank in category: 49(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	8:48	4:24	27	2:20	102	2:31	2.00	8:48	4:24	25	2:20	94	2:31
Runde Langstrec	2.00	9:11	4:35	48	2:29	164	2:48	4.00	17:59	4:29	40	4:49	148	5:19
Runde Langstrec	2.00	9:24	4:42	50	2:32	169	2:56	6.00	27:23	4:33	40	7:21	148	8:15
Runde Langstrec	2.00	9:41	4:50	54	2:55	186	3:17	8.00	37:04	4:38	39	10:16	147	11:32
Leichtathletikhal	2.00	9:25	4:42	54	2:38	189	3:22	10.00	46:29	4:38	49	12:54	165	14:54