



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Augner, Stefan

Club: Gotha

Number: 1329

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:46

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 197 (of 637)

Rank in course/Men: 185 (of 493)

Best time in course: 31:35

Rank in category: 63(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	9:37	4:48	67	3:20	193	3:20	2.00	9:37	4:48	61	3:20	164	3:20
Runde Langstrec	2.00	9:02	4:30	55	2:39	146	2:39	4.00	18:39	4:39	61	5:59	141	5:59
Runde Langstrec	2.00	9:28	4:44	61	3:00	177	3:00	6.00	28:07	4:41	61	8:59	151	8:59
Runde Langstrec	2.00	9:39	4:49	65	3:15	182	3:15	8.00	37:46	4:43	61	12:14	162	12:14
Leichtathletikh	2.00	10:00	5:00	83	3:31	269	3:57	10.00	47:46	4:46	63	15:45	185	16:11