



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Strauß, Thomas

Number: 1626

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:55

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 255 (of 637)

Rank in course/Men: 236 (of 493)

Best time in course: 31:35

Rank in category: 70(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	10:38	5:18	77	4:10	285	4:21	2.00	10:38	5:18	37	4:10	136	4:21
Runde Langstrec	2.00	9:51	4:55	69	3:09	242	3:28	4.00	20:29	5:07	47	7:19	173	7:49
Runde Langstrec	2.00	9:58	4:59	70	3:06	234	3:30	6.00	30:27	5:04	47	10:25	172	11:19
Runde Langstrec	2.00	9:55	4:57	65	3:09	215	3:31	8.00	40:22	5:02	46	13:34	171	14:50
Leichtathletikh	2.00	9:33	4:46	60	2:46	205	3:30	10.00	49:55	4:59	70	16:20	236	18:20