



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Simon, Sven

Club: Klettbach

Number: 1344

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:46

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 198 (of 637)

Rank in course/Men: 185 (of 493)

Best time in course: 31:35

Rank in category: 54(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	10:17	5:08	65	3:49	243	4:00	2.00	10:17	5:08	48	3:49	175	4:00
Runde Langstrec	2.00	9:35	4:47	60	2:53	206	3:12	4.00	19:52	4:58	48	6:42	175	7:12
Runde Langstrec	2.00	9:34	4:46	55	2:42	190	3:06	6.00	29:26	4:54	48	9:24	169	10:18
Runde Langstrec	2.00	9:36	4:47	52	2:50	176	3:12	8.00	39:02	4:52	45	12:14	170	13:30
Leichtathletikh	2.00	8:44	4:21	22	1:57	108	2:41	10.00	47:46	4:46	54	14:11	185	16:11