



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Marx, Dominik

Club: SG Eintracht Wendehausen e.V.

Number: 1654

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:43

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 220 (of 637)

Rank in course/Men: 205 (of 493)

Best time in course: 31:35

Rank in category: 71(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	10:39	5:19	83	4:22	289	4:22	2.00	10:39	5:19	64	4:22	176	4:22
Runde Langstrec	2.00	9:37	4:48	71	3:14	213	3:14	4.00	20:16	5:03	64	7:36	176	7:36
Runde Langstrec	2.00	9:35	4:47	66	3:07	192	3:07	6.00	29:51	4:58	64	10:43	175	10:43
Runde Langstrec	2.00	9:37	4:48	63	3:13	179	3:13	8.00	39:28	4:56	64	13:56	174	13:56
Leichtathletikh	2.00	9:15	4:37	62	2:46	168	3:12	10.00	48:43	4:52	71	16:42	205	17:08