



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kind, Benjamin

Club: Salamander FC

Number: 1482

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 51:14

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 298 (of 637)

Rank in course/Men: 270 (of 493)

Best time in course: 31:35

Rank in category: 45(of 69)

Best time in the category: 31:35

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	10:21	5:10	45	4:04	254	4:04	2.00	10:21	5:10	58		178	4:04
Runde Langstrec	2.00	10:10	5:04	47	3:47	275	3:47	4.00	20:31	5:07	58		178	7:51
Runde Langstrec	2.00	10:20	5:10	46	3:52	284	3:52	6.00	30:51	5:08	58		177	11:43
Runde Langstrec	2.00	10:29	5:14	46	4:05	292	4:05	8.00	41:20	5:10	19		176	15:48
Leichtathletikh	2.00	9:54	4:57	46	3:51	257	3:51	10.00	51:14	5:07	45	19:39	270	19:39