



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bach, Matthias

Number: 1627

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:12

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 236 (of 637)

Rank in course/Men: 220 (of 493)

Best time in course: 31:35

Rank in category: 66(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	9:35	4:47	60	2:53	206	3:12	4.00	20:13	5:03	51	7:03	177	7:33
Runde Langstrec	2.00	9:30	4:45	54	2:38	185	3:02	6.00	29:43	4:57	49	9:41	180	10:35
Runde Langstrec	2.00	9:43	4:51	58	2:57	194	3:19	8.00	39:26	4:55	50	12:38	184	13:54
Leichtathletikhal	2.00	9:46	4:53	67	2:59	232	3:43	10.00	49:12	4:55	66	15:37	220	17:37