



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Märten, Michael

Number: 1490

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 51:24

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 300 (of 637)

Rank in course/Men: 271 (of 493)

Best time in course: 31:35

Rank in category: 46(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	9:42	4:50	35	3:25	197	3:25	2.00	9:42	4:50	27		144	3:25
Runde Langstrec	2.00	10:13	5:06	52	3:50	289	3:50	4.00	19:55	4:58	57		169	7:15
Runde Langstrec	2.00	10:30	5:15	51	4:02	315	4:02	6.00	30:25	5:04	57		187	11:17
Runde Langstrec	2.00	10:46	5:23	51	4:22	331	4:22	8.00	41:11	5:08	56		186	15:39
Leichtathletikh	2.00	10:13	5:06	50	4:10	292	4:10	10.00	51:24	5:08	46	19:49	271	19:49