



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dänner, Johannes

Club: Heidelberg

Number: 1040

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:42

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 219 (of 637)

Rank in course/Men: 204 (of 493)

Best time in course: 31:35

Rank in category: 34(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	11:21	5:40	58	5:04	361	5:04	2.00	11:21	5:40	56		189	5:04
Runde Langstrec	2.00	9:46	4:53	36	3:23	226	3:23	4.00	21:07	5:16	17		189	8:27
Runde Langstrec	2.00	9:28	4:44	31	3:00	177	3:00	6.00	30:35	5:05	56		170	11:27
Runde Langstrec	2.00	9:17	4:38	27	2:53	143	2:53	8.00	39:52	4:59	55		187	14:20
Leichtathletikh	2.00	8:50	4:25	27	2:47	120	2:47	10.00	48:42	4:52	34	17:07	204	17:07