



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Müller, Rudi

Club: FSV BW 90 Stadtilm

Number: 1229

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:37

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 274 (of 637)

Rank in course/Men: 249 (of 493)

Best time in course: 31:35

Rank in category: 41(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	10:10	5:04	40	3:53	235	3:53	2.00	10:10	5:04	54		196	3:53
Runde Langstrec	2.00	9:53	4:56	40	3:30	250	3:30	4.00	20:03	5:00	54		181	7:23
Runde Langstrec	2.00	10:24	5:12	47	3:56	297	3:56	6.00	30:27	5:04	54		172	11:19
Runde Langstrec	2.00	10:24	5:12	44	4:00	279	4:00	8.00	40:51	5:06	53		194	15:19
Leichtathletikh	2.00	9:46	4:53	41	3:43	232	3:43	10.00	50:37	5:03	41	19:02	249	19:02