



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Forkel, Jan

Club: Borntal eG

Number: 1083

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:04

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 231 (of 637)

Rank in course/Men: 216 (of 493)

Best time in course: 31:35

Rank in category: 63(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	9:42	4:50	52	3:14	197	3:25	2.00	9:42	4:50	57	3:14	144	3:25
Runde Langstrec	2.00	9:25	4:42	54	2:43	186	3:02	4.00	19:07	4:46	57	5:57	109	6:27
Runde Langstrec	2.00	9:47	4:53	61	2:55	217	3:19	6.00	28:54	4:48	57	8:52	182	9:46
Runde Langstrec	2.00	10:12	5:05	74	3:26	254	3:48	8.00	39:06	4:53	56	12:18	201	13:34
Leichtathletikhal	2.00	9:58	4:59	75	3:11	265	3:55	10.00	49:04	4:54	63	15:29	216	17:29