



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Möller, Andi

Club: Erfurt

Number: 1488

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:46

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 224 (of 637)

Rank in course/Men: 208 (of 493)

Best time in course: 31:35

Rank in category: 58(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	10:24	5:12	70	3:56	257	4:07	2.00	10:24	5:12	59	3:56	180	4:07
Runde Langstrec	2.00	9:27	4:43	56	2:45	190	3:04	4.00	19:51	4:57	59	6:41	194	7:11
Runde Langstrec	2.00	9:44	4:51	60	2:52	210	3:16	6.00	29:35	4:55	59	9:33	206	10:27
Runde Langstrec	2.00	9:47	4:53	60	3:01	200	3:23	8.00	39:22	4:55	58	12:34	205	13:50
Leichtathletikh	2.00	9:24	4:42	52	2:37	186	3:21	10.00	48:46	4:52	58	15:11	208	17:11