



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hartmann, Alexander

Club: Spielmannszug der Stadt Bad Langensalza
Number: 1397

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:27

Speed: 12.13 km/h

Running performance: 4:56 min/km

Rank in course/Total: 242 (of 637)

Rank in course/Men: 225 (of 493)

Best time in course: 31:35

Rank in category: 67(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	9:54	4:57	56	3:26	212	3:37	2.00	9:54	4:57	60	3:26	208	3:37
Runde Langstrec	2.00	9:58	4:59	73	3:16	260	3:35	4.00	19:52	4:58	48	6:42	175	7:12
Runde Langstrec	2.00	10:02	5:00	72	3:10	243	3:34	6.00	29:54	4:59	60	9:52	207	10:46
Runde Langstrec	2.00	10:01	5:00	70	3:15	235	3:37	8.00	39:55	4:59	59	13:07	206	14:23
Leichtathletikh	2.00	9:32	4:46	56	2:45	200	3:29	10.00	49:27	4:56	67	15:52	225	17:52