



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Daniel, Michael

Club: The Running Dads

Number: 1141

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:02

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 353 (of 637)

Rank in course/Men: 315 (of 493)

Best time in course: 31:35

Rank in category: 85(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	11:43	5:51	106	5:15	397	5:26	2.00	11:43	5:51	63	5:15	212	5:26
Runde Langstrec	2.00	10:22	5:11	86	3:40	310	3:59	4.00	22:05	5:31	63	8:55	212	9:25
Runde Langstrec	2.00	10:28	5:14	86	3:36	310	4:00	6.00	32:33	5:25	63	12:31	211	13:25
Runde Langstrec	2.00	10:24	5:12	80	3:38	279	4:00	8.00	42:57	5:22	62	16:09	210	17:25
Leichtathletikhal	2.00	10:05	5:02	81	3:18	276	4:02	10.00	53:02	5:18	85	19:27	315	21:27