



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Reichenbächer, Steffen

Club: SWE

Number: 1419

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:40

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 340 (of 637)

Rank in course/Men: 304 (of 493)

Best time in course: 31:35

Rank in category: 86(of 133)

Best time in the category: 32:01

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	10:35	5:17	77	4:18	272	4:18	2.00	10:35	5:17	68	4:18	213	4:18
Runde Langstrec	2.00	10:35	5:17	95	4:12	336	4:12	4.00	21:10	5:17	68	8:30	213	8:30
Runde Langstrec	2.00	10:36	5:17	92	4:08	321	4:08	6.00	31:46	5:17	68	12:38	212	12:38
Runde Langstrec	2.00	10:36	5:17	90	4:12	312	4:12	8.00	42:22	5:17	68	16:50	211	16:50
Leichtathletikh	2.00	10:18	5:09	90	3:49	302	4:15	10.00	52:40	5:15	86	20:39	304	21:05