



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wich-Heiterm, Simon

Number: 1618

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 53:28

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 366 (of 637)

Rank in course/Men: 326 (of 493)

Best time in course: 31:35

Rank in category: 14(of 21)

Best time in the category: 33:03

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	11:13	5:36	17	4:56	343	4:56	2.00	11:13	5:36	14	0:41	216	4:56
Runde Langstrec	2.00	10:48	5:24	17	4:18	365	4:25	4.00	22:01	5:30	14	0:08	216	9:21
Runde Langstrec	2.00	10:38	5:18	14	3:50	329	4:10	6.00	32:39	5:26	14		215	13:31
Runde Langstrec	2.00	10:35	5:17	12	3:48	308	4:11	8.00	43:14	5:24	14		214	17:42
Leichtathletikh	2.00	10:14	5:06	14	3:33	295	4:11	10.00	53:28	5:20	14	20:25	326	21:53