



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Eichhorn, Lars-Erik

Club: Pro-RWE.Die Nachwuchspaten e. V.
Number: 1514

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 52:31

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 333 (of 637)

Rank in course/Men: 299 (of 493)

Best time in course: 31:35

Rank in category: 53(of 69)

Best time in the category: 31:35

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	10:35	5:17	47	4:18	272	4:18	2.00	10:35	5:17	18		213	4:18
Runde Langstrec	2.00	10:35	5:17	57	4:12	336	4:12	4.00	21:10	5:17	18		213	8:30
Runde Langstrec	2.00	10:36	5:17	53	4:08	321	4:08	6.00	31:46	5:17	18		212	12:38
Runde Langstrec	2.00	10:36	5:17	49	4:12	312	4:12	8.00	42:22	5:17	15		211	16:50
Leichtathletikhal	2.00	10:09	5:04	48	4:06	281	4:06	10.00	52:31	5:15	53	20:56	299	20:56