



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Zoppig, Veit

Club: SV TU Ilmenau

Number: 1623

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:49

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 225 (of 637)

Rank in course/Men: 210 (of 493)

Best time in course: 31:35

Rank in category: 59(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	10:21	5:10	68	3:53	254	4:04	2.00	10:21	5:10	65	3:53	178	4:04
Runde Langstrec	2.00	9:33	4:46	58	2:51	203	3:10	4.00	19:54	4:58	65	6:44	222	7:14
Runde Langstrec	2.00	9:34	4:46	55	2:42	190	3:06	6.00	29:28	4:54	65	9:26	221	10:20
Runde Langstrec	2.00	9:42	4:50	55	2:56	189	3:18	8.00	39:10	4:53	64	12:22	220	13:38
Leichtathletikh	2.00	9:39	4:49	63	2:52	216	3:36	10.00	48:49	4:52	59	15:14	210	17:14