



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Chemnitz, Benjamin

Club: Die flinken Gerataler

Number: 1671

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 53:53

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 376 (of 637)

Rank in course/Men: 335 (of 493)

Best time in course: 31:35

Rank in category: 15(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	9:55	4:57	12	3:38	214	3:38	2.00	9:55	4:57	13		8	3:38
Runde Langstrec	2.00	10:30	5:15	16	4:00	326	4:07	4.00	20:25	5:06	13		229	7:45
Runde Langstrec	2.00	10:59	5:29	17	4:11	369	4:31	6.00	31:24	5:14	13		228	12:16
Runde Langstrec	2.00	11:17	5:38	17	4:30	391	4:53	8.00	42:41	5:20	13		227	17:09
Leichtathletikh	2.00	11:12	5:35	16	4:31	403	5:09	10.00	53:53	5:23	15	20:50	335	22:18