



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Pennewiß, Jan

Club: Bad Tennstedt

Number: 1306

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 51:43

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 307 (of 637)

Rank in course/Men: 276 (of 493)

Best time in course: 31:35

Rank in category: 48(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	11:15	5:37	55	4:58	348	4:58	2.00	11:15	5:37	15		234	4:58
Runde Langstrec	2.00	9:49	4:54	37	3:26	237	3:26	4.00	21:04	5:15	15		234	8:24
Runde Langstrec	2.00	10:14	5:06	42	3:46	272	3:46	6.00	31:18	5:13	15		233	12:10
Runde Langstrec	2.00	10:13	5:06	43	3:49	257	3:49	8.00	41:31	5:11	14		232	15:59
Leichtathletikh	2.00	10:12	5:05	49	4:09	289	4:09	10.00	51:43	5:10	48	20:08	276	20:08