



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Gunkel, Sven

Club: Rehestädt

Number: 1073

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:54

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 312 (of 637)

Rank in course/Men: 281 (of 493)

Best time in course: 31:35

Rank in category: 77(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	10:24	5:12	70	3:56	257	4:07	2.00	10:24	5:12	59	3:56	180	4:07
Runde Langstrec	2.00	10:07	5:03	75	3:25	269	3:44	4.00	20:31	5:07	67	7:21	178	7:51
Runde Langstrec	2.00	10:22	5:11	82	3:30	288	3:54	6.00	30:53	5:08	67	10:51	213	11:45
Runde Langstrec	2.00	10:34	5:16	87	3:48	307	4:10	8.00	41:27	5:10	66	14:39	233	15:55
Leichtathletikh	2.00	10:27	5:13	89	3:40	319	4:24	10.00	51:54	5:11	77	18:19	281	20:19