



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Daniel, Falko

Club: The Running Dads

Number: 1150

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 357 (of 637)

Rank in course/Men: 319 (of 493)

Best time in course: 31:35

Rank in category: 89(of 133)

Best time in the category: 32:01

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	11:43	5:51	109	5:26	397	5:26	2.00	11:43	5:51	73	5:26	212	5:26
Runde Langstrec	2.00	10:22	5:11	89	3:59	310	3:59	4.00	22:05	5:31	73	9:25	212	9:25
Runde Langstrec	2.00	10:28	5:14	90	4:00	310	4:00	6.00	32:33	5:25	73	13:25	211	13:25
Runde Langstrec	2.00	10:24	5:12	84	4:00	279	4:00	8.00	42:57	5:22	73	17:25	210	17:25
Leichtathletikh	2.00	10:09	5:04	86	3:40	281	4:06	10.00	53:06	5:18	89	21:05	319	21:31