



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krauß, Raimund

Club: LV Einheit Greiz

Number: 1273

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 47:40

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 194 (of 637)

Rank in course/Men: 182 (of 493)

Best time in course: 31:35

Rank in category: 1(of 8)

Best time in the category: 47:40

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	9:04	4:31	1	-	128	2:47	2.00	9:04	4:31	1	-	125	2:47
Runde Langstrec	2.00	9:23	4:41	1	-	181	3:00	4.00	18:27	4:36	1	-	95	5:47
Runde Langstrec	2.00	9:35	4:47	1	-	192	3:07	6.00	28:02	4:40	1	-	164	8:54
Runde Langstrec	2.00	9:50	4:55	1	-	208	3:26	8.00	37:52	4:44	1	-	240	12:20
Leichtathletikhal	2.00	9:48	4:54	1	-	240	3:45	10.00	47:40	4:46	1	-	182	16:05