



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Steinmetz, Mario

Club: SWE

Number: 1700

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:02

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 354 (of 637)

Rank in course/Men: 315 (of 493)

Best time in course: 31:35

Rank in category: 85(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	11:39	5:49	103	5:11	386	5:22	2.00	11:39	5:49	69	5:11	243	5:22
Runde Langstrec	2.00	10:39	5:19	93	3:57	350	4:16	4.00	22:18	5:34	69	9:08	243	9:38
Runde Langstrec	2.00	10:21	5:10	79	3:29	285	3:53	6.00	32:39	5:26	69	12:37	215	13:31
Runde Langstrec	2.00	10:15	5:07	75	3:29	259	3:51	8.00	42:54	5:21	68	16:06	241	17:22
Leichtathletikh	2.00	10:08	5:03	82	3:21	280	4:05	10.00	53:02	5:18	85	19:27	315	21:27