



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grimm, Thomas

Club: IGB Konzept AG

Number: 1679

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:41

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 275 (of 637)

Rank in course/Men: 251 (of 493)

Best time in course: 31:35

Rank in category: 72(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	10:03	5:01	61	3:35	229	3:46	2.00	10:03	5:01	70	3:35	247	3:46
Runde Langstrec	2.00	10:26	5:13	88	3:44	320	4:03	4.00	20:29	5:07	47	7:19	173	7:49
Runde Langstrec	2.00	10:13	5:06	77	3:21	269	3:45	6.00	30:42	5:06	70	10:40	246	11:34
Runde Langstrec	2.00	10:16	5:08	76	3:30	262	3:52	8.00	40:58	5:07	69	14:10	245	15:26
Leichtathletikh	2.00	9:43	4:51	64	2:56	223	3:40	10.00	50:41	5:04	72	17:06	251	19:06