



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Storch, Michael

Club: Breitung

Number: 1293

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:26

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 457 (of 637)

Rank in course/Men: 393 (of 493)

Best time in course: 31:35

Rank in category: 109(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	10:47	5:23	86	4:30	302	4:30	2.00	10:47	5:23	77	4:30	252	4:30
Runde Langstrec	2.00	11:19	5:39	116	4:56	419	4:56	4.00	22:06	5:31	77	9:26	252	9:26
Runde Langstrec	2.00	11:39	5:49	119	5:11	429	5:11	6.00	33:45	5:37	77	14:37	251	14:37
Runde Langstrec	2.00	11:38	5:48	116	5:14	421	5:14	8.00	45:23	5:40	77	19:51	250	19:51
Leichtathletikhal	2.00	11:03	5:31	109	4:34	385	5:00	10.00	56:26	5:38	109	24:25	393	24:51