



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Prescher, Frank

Club: USV Erfurt

Number: 1154

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:30

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 462 (of 637)

Rank in course/Men: 395 (of 493)

Best time in course: 31:35

Rank in category: 111(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	11:02	5:30	86	4:34	323	4:45	2.00	11:02	5:30	73	4:34	253	4:45
Runde Langstrec	2.00	11:02	5:30	110	4:20	394	4:39	4.00	22:04	5:30	73	8:54	253	9:24
Runde Langstrec	2.00	11:41	5:50	123	4:49	433	5:13	6.00	33:45	5:37	73	13:43	251	14:37
Runde Langstrec	2.00	11:34	5:46	119	4:48	417	5:10	8.00	45:19	5:39	72	18:31	251	19:47
Leichtathletikhal	2.00	11:11	5:35	112	4:24	400	5:08	10.00	56:30	5:39	111	22:55	395	24:55