



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kerst, Alexander

Club: WalschbergRunners

Number: 1496

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:36

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 468 (of 637)

Rank in course/Men: 400 (of 493)

Best time in course: 31:35

Rank in category: 113(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	11:54	5:57	113	5:37	416	5:37	2.00	11:54	5:57	80	5:37	257	5:37
Runde Langstrec	2.00	11:20	5:40	117	4:57	420	4:57	4.00	23:14	5:48	80	10:34	257	10:34
Runde Langstrec	2.00	11:00	5:30	105	4:32	374	4:32	6.00	34:14	5:42	80	15:06	256	15:06
Runde Langstrec	2.00	11:14	5:36	109	4:50	384	4:50	8.00	45:28	5:41	80	19:56	255	19:56
Leichtathletikhal	2.00	11:08	5:33	111	4:39	391	5:05	10.00	56:36	5:39	113	24:35	400	25:01