



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Windisch, Michael

Club: LTV Erfurt

Number: 1048

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 59:56

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 555 (of 637)

Rank in course/Men: 454 (of 493)

Best time in course: 31:35

Rank in category: 126(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	12:09	6:04	118	5:52	433	5:52	2.00	12:09	6:04	83	5:52	286	5:52
Runde Langstrec	2.00	11:46	5:53	125	5:23	463	5:23	4.00	23:55	5:58	83	11:15	282	11:15
Runde Langstrec	2.00	11:57	5:58	123	5:29	451	5:29	6.00	35:52	5:58	83	16:44	285	16:44
Runde Langstrec	2.00	11:57	5:58	122	5:33	444	5:33	8.00	47:49	5:58	83	22:17	284	22:17
Leichtathletikh	2.00	12:07	6:03	123	5:38	448	6:04	10.00	59:56	5:59	126	27:55	454	28:21