



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Roth, Andreas

Number: 1633

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:33

Speed: 10.25 km/h

Running performance: 5:52 min/km

Rank in course/Total: 517 (of 637)

Rank in course/Men: 433 (of 493)

Best time in course: 31:35

Rank in category: 123(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	11:59	5:59	115	5:42	422	5:42	2.00	11:59	5:59	85	5:42	289	5:42
Runde Langstrec	2.00	11:47	5:53	126	5:24	464	5:24	4.00	23:46	5:56	85	11:06	289	11:06
Runde Langstrec	2.00	11:50	5:55	122	5:22	444	5:22	6.00	35:36	5:56	85	16:28	288	16:28
Runde Langstrec	2.00	11:47	5:53	117	5:23	426	5:23	8.00	47:23	5:55	85	21:51	287	21:51
Leichtathletikh	2.00	11:10	5:34	113	4:41	397	5:07	10.00	58:33	5:51	123	26:32	433	26:58