



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Germann, Christoph

Club: St. Gallen

Number: 1301

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 55:00

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 420 (of 637)

Rank in course/Men: 368 (of 493)

Best time in course: 31:35

Rank in category: 58(of 69)

Best time in the category: 31:35

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	13:07	6:33	68	6:50	479	6:50	2.00	13:07	6:33	1	-	290	6:50
Runde Langstrec	2.00	10:28	5:14	55	4:05	324	4:05	4.00	23:35	5:53	1	-	290	10:55
Runde Langstrec	2.00	10:38	5:18	54	4:10	329	4:10	6.00	34:13	5:42	1	-	289	15:05
Runde Langstrec	2.00	10:44	5:21	50	4:20	330	4:20	8.00	44:57	5:37	9		288	19:25
Leichtathletikh	2.00	10:03	5:01	47	4:00	273	4:00	10.00	55:00	5:30	58	23:25	368	23:25