



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stark, Ralf

Club: Arnstadt

Number: 1146

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:41

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 520 (of 637)

Rank in course/Men: 435 (of 493)

Best time in course: 31:35

Rank in category: 121(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	13:37	6:48	133	7:09	488	7:20	2.00	13:37	6:48	81	7:09	291	7:20
Runde Langstrec	2.00	11:24	5:42	120	4:42	427	5:01	4.00	25:01	6:15	81	11:51	291	12:21
Runde Langstrec	2.00	11:17	5:38	112	4:25	402	4:49	6.00	36:18	6:02	81	16:16	290	17:10
Runde Langstrec	2.00	11:22	5:41	112	4:36	396	4:58	8.00	47:40	5:57	80	20:52	289	22:08
Leichtathletikhal	2.00	11:01	5:30	107	4:14	383	4:58	10.00	58:41	5:52	121	25:06	435	27:06