



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wedel, Matthias

Club: N3 Sportverein e.V.

Number: 1324

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:02:18

Speed: 9.63 km/h

Running performance: 6:14 min/km

Rank in course/Total: 587 (of 637)

Rank in course/Men: 468 (of 493)

Best time in course: 31:35

Rank in category: 129(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	12:41	6:20	125	6:24	463	6:24	2.00	12:41	6:20	86	6:24	294	6:24
Runde Langstrec	2.00	12:17	6:08	130	5:54	476	5:54	4.00	24:58	6:14	86	12:18	294	12:18
Runde Langstrec	2.00	12:26	6:13	130	5:58	470	5:58	6.00	37:24	6:14	86	18:16	293	18:16
Runde Langstrec	2.00	12:39	6:19	130	6:15	465	6:15	8.00	50:03	6:15	86	24:31	272	24:31
Leichtathletikhal	2.00	12:15	6:07	125	5:46	454	6:12	10.00	1:02:18	6:13	129	30:17	468	30:43