



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schumm, Steffen

Club: Erfurt

Number: 1593

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:54

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 528 (of 637)

Rank in course/Men: 441 (of 493)

Best time in course: 31:35

Rank in category: 124(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	13:11	6:35	131	6:54	483	6:54	2.00	13:11	6:35	87	6:54	296	6:54
Runde Langstrec	2.00	11:26	5:43	119	5:03	430	5:03	4.00	24:37	6:09	87	11:57	273	11:57
Runde Langstrec	2.00	11:29	5:44	116	5:01	419	5:01	6.00	36:06	6:00	87	16:58	295	16:58
Runde Langstrec	2.00	11:23	5:41	112	4:59	398	4:59	8.00	47:29	5:56	87	21:57	294	21:57
Leichtathletikhal	2.00	11:25	5:42	117	4:56	419	5:22	10.00	58:54	5:53	124	26:53	441	27:19