



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lumplecker, Christoph

Number: 1629

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:01:42

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 575 (of 637)

Rank in course/Men: 462 (of 493)

Best time in course: 31:35

Rank in category: 127(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	12:29	6:14	121	6:12	452	6:12	2.00	12:29	6:14	88	6:12	299	6:12
Runde Langstrec	2.00	12:05	6:02	128	5:42	472	5:42	4.00	24:34	6:08	88	11:54	299	11:54
Runde Langstrec	2.00	12:20	6:10	128	5:52	468	5:52	6.00	36:54	6:08	88	17:46	298	17:46
Runde Langstrec	2.00	12:32	6:15	128	6:08	462	6:08	8.00	49:26	6:10	88	23:54	297	23:54
Leichtathletikhal	2.00	12:16	6:08	126	5:47	455	6:13	10.00	1:01:42	6:10	127	29:41	462	30:07