



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Herzer, Heiko

Club: Arnstadt

Number: 1152

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:04

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 443 (of 637)

Rank in course/Men: 385 (of 493)

Best time in course: 31:35

Rank in category: 107(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	11:18	5:39	91	4:50	355	5:01	2.00	11:18	5:39	85	4:50	304	5:01
Runde Langstrec	2.00	10:54	5:27	106	4:12	380	4:31	4.00	22:12	5:32	85	9:02	304	9:32
Runde Langstrec	2.00	11:06	5:32	108	4:14	386	4:38	6.00	33:18	5:32	85	13:16	303	14:10
Runde Langstrec	2.00	11:25	5:42	115	4:39	405	5:01	8.00	44:43	5:35	84	17:55	301	19:11
Leichtathletikh	2.00	11:21	5:40	120	4:34	417	5:18	10.00	56:04	5:36	107	22:29	385	24:29