



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Untermann, Alexander

Number: 1614

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:48

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 409 (of 637)

Rank in course/Men: 359 (of 493)

Best time in course: 31:35

Rank in category: 100(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	11:20	5:40	97	5:03	358	5:03	2.00	11:20	5:40	89	5:03	306	5:03
Runde Langstrec	2.00	10:37	5:18	96	4:14	342	4:14	4.00	21:57	5:29	89	9:17	306	9:17
Runde Langstrec	2.00	10:45	5:22	96	4:17	342	4:17	6.00	32:42	5:27	89	13:34	305	13:34
Runde Langstrec	2.00	11:07	5:33	106	4:43	376	4:43	8.00	43:49	5:28	89	18:17	304	18:17
Leichtathletikh	2.00	10:59	5:29	108	4:30	378	4:56	10.00	54:48	5:28	100	22:47	359	23:13