



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köhler, Joe

Club: Oskars Läufer

Number: 1545

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 59:13

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 534 (of 637)

Rank in course/Men: 444 (of 493)

Best time in course: 31:35

Rank in category: 21(of 21)

Best time in the category: 33:03

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	12:04	6:01	20	5:47	425	5:47	2.00	12:04	6:01	4	1:32	310	5:47
Runde Langstrec	2.00	11:27	5:43	20	4:57	432	5:04	4.00	23:31	5:52	4	1:38	310	10:51
Runde Langstrec	2.00	11:51	5:55	20	5:03	445	5:23	6.00	35:22	5:53	10	1:35	309	16:14
Runde Langstrec	2.00	11:44	5:51	19	4:57	425	5:20	8.00	47:06	5:53	10	1:27	263	21:34
Leichtathletikh	2.00	12:07	6:03	18	5:26	448	6:04	10.00	59:13	5:55	21	26:10	444	27:38