



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krausmüller, Johannes

Number: 1636

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:01:52

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 584 (of 637)

Rank in course/Men: 466 (of 493)

Best time in course: 31:35

Rank in category: 128(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	11:56	5:58	114	5:39	418	5:39	2.00	11:56	5:58	90	5:39	315	5:39
Runde Langstrec	2.00	11:41	5:50	124	5:18	459	5:18	4.00	23:37	5:54	90	10:57	315	10:57
Runde Langstrec	2.00	12:20	6:10	128	5:52	468	5:52	6.00	35:57	5:59	90	16:49	310	16:49
Runde Langstrec	2.00	13:09	6:34	131	6:45	475	6:45	8.00	49:06	6:08	90	23:34	313	23:34
Leichtathletikhal	2.00	12:46	6:23	129	6:17	469	6:43	10.00	1:01:52	6:11	128	29:51	466	30:17