



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lünser, Christian

Club: BSG Steigerwald Egstedt

Number: 1267

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:08

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 381 (of 637)

Rank in course/Men: 339 (of 493)

Best time in course: 31:35

Rank in category: 93(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	11:35	5:47	102	5:18	380	5:18	2.00	11:35	5:47	91	5:18	211	5:18
Runde Langstrec	2.00	10:19	5:09	87	3:56	299	3:56	4.00	21:54	5:28	91	9:14	316	9:14
Runde Langstrec	2.00	10:39	5:19	95	4:11	334	4:11	6.00	32:33	5:25	73	13:25	211	13:25
Runde Langstrec	2.00	10:59	5:29	99	4:35	357	4:35	8.00	43:32	5:26	91	18:00	256	18:00
Leichtathletikh	2.00	10:36	5:17	98	4:07	339	4:33	10.00	54:08	5:24	93	22:07	339	22:33