



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krämar, Thomas

Number: 1695

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:35

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 369 (of 637)

Rank in course/Men: 329 (of 493)

Best time in course: 31:35

Rank in category: 92(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	11:38	5:48	104	5:21	385	5:21	2.00	11:38	5:48	92	5:21	319	5:21
Runde Langstrec	2.00	10:18	5:09	86	3:55	298	3:55	4.00	21:56	5:29	92	9:16	319	9:16
Runde Langstrec	2.00	10:23	5:11	86	3:55	293	3:55	6.00	32:19	5:23	92	13:11	318	13:11
Runde Langstrec	2.00	10:32	5:15	88	4:08	300	4:08	8.00	42:51	5:21	92	17:19	317	17:19
Leichtathletikhal	2.00	10:44	5:21	102	4:15	356	4:41	10.00	53:35	5:21	92	21:34	329	22:00