



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schermesser, Alexander

Club: Erfurt

Number: 1303

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 59:22

Speed: 10.11 km/h

Running performance: 5:56 min/km

Rank in course/Total: 538 (of 637)

Rank in course/Men: 447 (of 493)

Best time in course: 31:35

Rank in category: 64(of 69)

Best time in the category: 31:35

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	12:07	6:03	64	5:50	431	5:50	2.00	12:07	6:03	7		325	5:50
Runde Langstrec	2.00	11:41	5:50	66	5:18	459	5:18	4.00	23:48	5:57	6	0:13	325	11:08
Runde Langstrec	2.00	11:54	5:57	67	5:26	447	5:26	6.00	35:42	5:57	7	1:29	324	16:34
Runde Langstrec	2.00	11:54	5:57	62	5:30	439	5:30	8.00	47:36	5:57	6		323	22:04
Leichtathletikhal	2.00	11:46	5:53	63	5:43	437	5:43	10.00	59:22	5:56	64	27:47	447	27:47