



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röhr, Tobias

Club: SV Fortuna Singen

Number: 1573

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:10

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 264 (of 637)

Rank in course/Men: 244 (of 493)

Best time in course: 31:35

Rank in category: 39(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	12:11	6:05	65	5:54	434	5:54	2.00	12:11	6:05	5		335	5:54
Runde Langstrec	2.00	10:23	5:11	54	4:00	314	4:00	4.00	22:34	5:38	5		335	9:54
Runde Langstrec	2.00	9:44	4:51	36	3:16	210	3:16	6.00	32:18	5:22	5		334	13:10
Runde Langstrec	2.00	9:19	4:39	30	2:55	152	2:55	8.00	41:37	5:12	4		333	16:05
Leichtathletikh	2.00	8:33	4:16	22	2:30	88	2:30	10.00	50:10	5:00	39	18:35	244	18:35