



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fischer, Marco

Club: TSV Arminia Vöhrom

Number: 1660

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:20

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 390 (of 637)

Rank in course/Men: 346 (of 493)

Best time in course: 31:35

Rank in category: 95(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	12:16	6:08	119	5:59	437	5:59	2.00	12:16	6:08	97	5:59	265	5:59
Runde Langstrec	2.00	10:12	5:05	82	3:49	281	3:49	4.00	22:28	5:36	97	9:48	341	9:48
Runde Langstrec	2.00	10:22	5:11	84	3:54	288	3:54	6.00	32:50	5:28	97	13:42	340	13:42
Runde Langstrec	2.00	10:57	5:28	98	4:33	353	4:33	8.00	43:47	5:28	97	18:15	339	18:15
Leichtathletikh	2.00	10:33	5:16	96	4:04	332	4:30	10.00	54:20	5:26	95	22:19	346	22:45