



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Liesegang, René

Club: SV 90 Nordhausen Triathlon

Number: 1551

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 358 (of 637)

Rank in course/Men: 319 (of 493)

Best time in course: 31:35

Rank in category: 56(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	10:46	5:23	49	4:29	300	4:29	2.00	10:46	5:23	3		343	4:29
Runde Langstrec	2.00	10:48	5:24	59	4:25	365	4:25	4.00	21:34	5:23	3		343	8:54
Runde Langstrec	2.00	10:55	5:27	59	4:27	362	4:27	6.00	32:29	5:24	3		245	13:21
Runde Langstrec	2.00	10:57	5:28	54	4:33	353	4:33	8.00	43:26	5:25	2		341	17:54
Leichtathletikhal	2.00	9:40	4:49	38	3:37	218	3:37	10.00	53:06	5:18	56	21:31	319	21:31