



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Siegling, Michael**

Club: GutsMuts Rennsteiglaufverein

Number: 1081

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:45

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 435 (of 637)

Rank in course/Men: 379 (of 493)

Best time in course: 31:35

Rank in category: 105(of 135)

Best time in the category: 33:35

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 12:23         | 6:11            | 121         | 5:55           | 442        | 6:06          | 2.00        | 12:23         | 6:11            | 97          | 5:55           | 357        | 6:06          |
| Runde Langstrec   | 2.00        | 10:54         | 5:27            | 106         | 4:12           | 380        | 4:31          | 4.00        | 23:17         | 5:49            | 97          | 10:07          | 357        | 10:37         |
| Runde Langstrec   | 2.00        | 10:48         | 5:24            | 96          | 3:56           | 348        | 4:20          | 6.00        | 34:05         | 5:40            | 97          | 14:03          | 356        | 14:57         |
| Runde Langstrec   | 2.00        | 10:59         | 5:29            | 102         | 4:13           | 357        | 4:35          | 8.00        | 45:04         | 5:38            | 96          | 18:16          | 355        | 19:32         |
| Leichtathletikhal | 2.00        | 10:41         | 5:20            | 102         | 3:54           | 350        | 4:38          | 10.00       | 55:45         | 5:34            | 105         | 22:10          | 379        | 24:10         |