



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Krause, Konstantin

Club: FC Rot-Weiß Erfurt

Number: 1541

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:12

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 447 (of 637)

Rank in course/Men: 387 (of 493)

Best time in course: 31:35

Rank in category: 108(of 135)

Best time in the category: 33:35

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	12:35	6:17	126	6:07	457	6:18	2.00	12:35	6:17	98	6:07	329	6:18
Runde Langstrec	2.00	11:25	5:42	121	4:43	429	5:02	4.00	24:00	6:00	98	10:50	362	11:20
Runde Langstrec	2.00	11:07	5:33	109	4:15	389	4:39	6.00	35:07	5:51	98	15:05	270	15:59
Runde Langstrec	2.00	11:01	5:30	103	4:15	363	4:37	8.00	46:08	5:46	97	19:20	360	20:36
Leichtathletikhal	2.00	10:04	5:01	79	3:17	274	4:01	10.00	56:12	5:37	108	22:37	387	24:37