



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kaufhold, Sebastian

Number: 1452

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:07

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 423 (of 637)

Rank in course/Men: 370 (of 493)

Best time in course: 31:35

Rank in category: 101(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	11:58	5:59	116	5:30	421	5:41	2.00	11:58	5:59	99	5:30	364	5:41
Runde Langstrec	2.00	10:51	5:25	102	4:09	372	4:28	4.00	22:49	5:42	99	9:39	364	10:09
Runde Langstrec	2.00	10:54	5:27	101	4:02	360	4:26	6.00	33:43	5:37	99	13:41	363	14:35
Runde Langstrec	2.00	10:47	5:23	95	4:01	332	4:23	8.00	44:30	5:33	98	17:42	362	18:58
Leichtathletikhal	2.00	10:37	5:18	99	3:50	341	4:34	10.00	55:07	5:30	101	21:32	370	23:32