



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Koch, Stefan

Club: SC Fortuna Erfurt 96

Number: 1698

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:48

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 283 (of 637)

Rank in course/Men: 257 (of 493)

Best time in course: 31:35

Rank in category: 74(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	10:36	5:17	75	4:08	276	4:19	2.00	10:36	5:17	101	4:08	185	4:19
Runde Langstrec	2.00	9:52	4:56	70	3:10	246	3:29	4.00	20:28	5:06	101	7:18	166	7:48
Runde Langstrec	2.00	9:56	4:58	69	3:04	233	3:28	6.00	30:24	5:03	101	10:22	176	11:16
Runde Langstrec	2.00	9:54	4:57	64	3:08	214	3:30	8.00	40:18	5:02	100	13:30	364	14:46
Leichtathletikhal	2.00	10:30	5:15	92	3:43	326	4:27	10.00	50:48	5:04	74	17:13	257	19:13