



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Janz, Torsten

Club: Erfurt

Number: 1530

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:05:57

Speed: 9.10 km/h

Running performance: 6:36 min/km

Rank in course/Total: 609 (of 637)

Rank in course/Men: 478 (of 493)

Best time in course: 31:35

Rank in category: 131(of 133)

Best time in the category: 32:01

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	13:27	6:43	132	7:10	484	7:10	2.00	13:27	6:43	103	7:10	368	7:10
Runde Langstrec	2.00	12:30	6:15	131	6:07	482	6:07	4.00	25:57	6:29	103	13:17	368	13:17
Runde Langstrec	2.00	12:53	6:26	131	6:25	479	6:25	6.00	38:50	6:28	103	19:42	367	19:42
Runde Langstrec	2.00	13:24	6:42	132	7:00	479	7:00	8.00	52:14	6:31	103	26:42	366	26:42
Leichtathletikh	2.00	13:43	6:51	131	7:14	480	7:40	10.00	1:05:57	6:35	131	33:56	478	34:22