



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Möller, Sebastian

Club: Erfurt

Number: 1057

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:27

Speed: 12.38 km/h

Running performance: 4:50 min/km

Rank in course/Total: 212 (of 637)

Rank in course/Men: 195 (of 493)

Best time in course: 31:35

Rank in category: 67(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	9:21	4:40	58	3:04	164	3:04	2.00	9:21	4:40	65	3:04	183	3:04
Runde Langstrec	2.00	9:35	4:47	70	3:12	206	3:12	4.00	18:56	4:44	104	6:16	340	6:16
Runde Langstrec	2.00	9:45	4:52	71	3:17	212	3:17	6.00	28:41	4:46	104	9:33	339	9:33
Runde Langstrec	2.00	9:58	4:59	71	3:34	223	3:34	8.00	38:39	4:49	104	13:07	338	13:07
Leichtathletikh	2.00	9:48	4:54	76	3:19	240	3:45	10.00	48:27	4:50	67	16:26	195	16:52