



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Eylenstein, Stephan

Club: Isseroda

Number: 1168

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:20

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 391 (of 637)

Rank in course/Men: 346 (of 493)

Best time in course: 31:35

Rank in category: 95(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	11:15	5:37	94	4:58	348	4:58	2.00	11:15	5:37	105	4:58	234	4:58
Runde Langstrec	2.00	10:38	5:18	97	4:15	344	4:15	4.00	21:53	5:28	105	9:13	261	9:13
Runde Langstrec	2.00	10:53	5:26	101	4:25	359	4:25	6.00	32:46	5:27	105	13:38	372	13:38
Runde Langstrec	2.00	11:04	5:31	103	4:40	368	4:40	8.00	43:50	5:28	105	18:18	371	18:18
Leichtathletikhal	2.00	10:30	5:15	93	4:01	326	4:27	10.00	54:20	5:26	95	22:19	346	22:45