



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Wich-Heiter, Frank

Club: Germania Georgenthal

Number: 1619

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:34

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 368 (of 637)

Rank in course/Men: 328 (of 493)

Best time in course: 31:35

Rank in category: 90(of 135)

Best time in the category: 33:35

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec | 2.00        | 11:14         | 5:36            | 89          | 4:46           | 346        | 4:57          | 2.00        | 11:14         | 5:36            | 102         | 4:46           | 223        | 4:57          |
| Runde Langstrec | 2.00        | 10:46         | 5:23            | 99          | 4:04           | 361        | 4:23          | 4.00        | 22:00         | 5:30            | 102         | 8:50           | 275        | 9:20          |
| Runde Langstrec | 2.00        | 10:39         | 5:19            | 92          | 3:47           | 334        | 4:11          | 6.00        | 32:39         | 5:26            | 69          | 12:37          | 215        | 13:31         |
| Runde Langstrec | 2.00        | 10:35         | 5:17            | 88          | 3:49           | 308        | 4:11          | 8.00        | 43:14         | 5:24            | 101         | 16:26          | 214        | 17:42         |
| Leichtathletikh | 2.00        | 10:20         | 5:10            | 86          | 3:33           | 308        | 4:17          | 10.00       | 53:34         | 5:21            | 90          | 19:59          | 328        | 21:59         |