



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Dell, Uwe

Number: 1662

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:35

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 305 (of 637)

Rank in course/Men: 274 (of 493)

Best time in course: 31:35

Rank in category: 76(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        | 10:25         | 5:12            | 72          | 3:57           | 262        | 4:08          | 2.00        | 10:25         | 5:12            | 104         | 3:57           | 91         | 4:08          |
| Runde Langstrec   | 2.00        | 10:05         | 5:02            | 74          | 3:23           | 266        | 3:42          | 4.00        | 20:30         | 5:07            | 104         | 7:20           | 381        | 7:50          |
| Runde Langstrec   | 2.00        | 10:09         | 5:04            | 74          | 3:17           | 256        | 3:41          | 6.00        | 30:39         | 5:06            | 104         | 10:37          | 380        | 11:31         |
| Runde Langstrec   | 2.00        | 10:19         | 5:09            | 79          | 3:33           | 273        | 3:55          | 8.00        | 40:58         | 5:07            | 69          | 14:10          | 245        | 15:26         |
| Leichtathletikhal | 2.00        | 10:37         | 5:18            | 99          | 3:50           | 341        | 4:34          | 10.00       | 51:35         | 5:09            | 76          | 18:00          | 274        | 20:00         |