



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Lang, Philipp

Club: Erfurt

Number: 1347

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 52:20

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 327 (of 637)

Rank in course/Men: 293 (of 493)

Best time in course: 31:35

Rank in category: 52(of 69)

Best time in the category: 31:35

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	10:16	5:08	42	3:59	241	3:59	2.00	10:16	5:08	10		288	3:59
Runde Langstrec	2.00	9:59	4:59	42	3:36	261	3:36	4.00	20:15	5:03	10		387	7:35
Runde Langstrec	2.00	10:19	5:09	45	3:51	282	3:51	6.00	30:34	5:05	10		386	11:26
Runde Langstrec	2.00	10:57	5:28	54	4:33	353	4:33	8.00	41:31	5:11	14		232	15:59
Leichtathletikhal	2.00	10:49	5:24	54	4:46	364	4:46	10.00	52:20	5:14	52	20:45	293	20:45