



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Adams, Ralph

Club: Erfurt

Number: 1201

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:09

Speed: 10.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 425 (of 637)

Rank in course/Men: 372 (of 493)

Best time in course: 31:35

Rank in category: 102(of 135)

Best time in the category: 33:35

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	11:52	5:56	114	5:24	413	5:35	2.00	11:52	5:56	109	5:24	330	5:35
Runde Langstrec	2.00	10:45	5:22	98	4:03	360	4:22	4.00	22:37	5:39	109	9:27	394	9:57
Runde Langstrec	2.00	11:03	5:31	107	4:11	377	4:35	6.00	33:40	5:36	109	13:38	291	14:32
Runde Langstrec	2.00	11:01	5:30	103	4:15	363	4:37	8.00	44:41	5:35	107	17:53	267	19:09
Leichtathletikhal	2.00	10:28	5:14	91	3:41	323	4:25	10.00	55:09	5:30	102	21:34	372	23:34