



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Meier, Dietmar

Club: Velo inn

Number: 1354

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:26

Speed: 12.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 171 (of 637)

Rank in course/Men: 164 (of 493)

Best time in course: 31:35

Rank in category: 48(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	9:30	4:45	49	3:02	182	3:13	2.00	9:30	4:45	111	3:02	174	3:13
Runde Langstrec	2.00	8:56	4:28	38	2:14	138	2:33	4.00	18:26	4:36	111	5:16	401	5:46
Runde Langstrec	2.00	9:23	4:41	49	2:31	167	2:55	6.00	27:49	4:38	30	7:47	113	8:41
Runde Langstrec	2.00	9:31	4:45	48	2:45	171	3:07	8.00	37:20	4:40	109	10:32	208	11:48
Leichtathletikh	2.00	9:06	4:32	40	2:19	149	3:03	10.00	46:26	4:38	48	12:51	164	14:51