



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Förster, Chris

Number: 1663

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:32

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 398 (of 637)

Rank in course/Men: 352 (of 493)

Best time in course: 31:35

Rank in category: 95(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	11:39	5:49	103	5:11	386	5:22	2.00	11:39	5:49	69	5:11	243	5:22
Runde Langstrec	2.00	10:51	5:25	102	4:09	372	4:28	4.00	22:30	5:37	114	9:20	406	9:50
Runde Langstrec	2.00	10:52	5:26	99	4:00	357	4:24	6.00	33:22	5:33	114	13:20	405	14:14
Runde Langstrec	2.00	10:51	5:25	97	4:05	341	4:27	8.00	44:13	5:31	112	17:25	401	18:41
Leichtathletikh	2.00	10:19	5:09	84	3:32	306	4:16	10.00	54:32	5:27	95	20:57	352	22:57