



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Schober-Heverhagen, Markus

Club: fit & run Weimar

Number: 1260

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:07:32

Speed: 8.88 km/h

Running performance: 6:45 min/km

Rank in course/Total: 617 (of 637)

Rank in course/Men: 479 (of 493)

Best time in course: 31:35

Rank in category: 131(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	13:45	6:52	134	7:17	489	7:28	2.00	13:45	6:52	115	7:17	412	7:28
Runde Langstrec	2.00	13:33	6:46	134	6:51	487	7:10	4.00	27:18	6:49	115	14:08	412	14:38
Runde Langstrec	2.00	13:38	6:48	132	6:46	483	7:10	6.00	40:56	6:49	115	20:54	411	21:48
Runde Langstrec	2.00	13:31	6:45	131	6:45	480	7:07	8.00	54:27	6:48	113	27:39	407	28:55
Leichtathletikhal	2.00	13:05	6:32	128	6:18	472	7:02	10.00	1:07:32	6:45	131	33:57	479	35:57