



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Elste, Daniel

Club: Erfurt

Number: 1410

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:54

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 350 (of 637)

Rank in course/Men: 312 (of 493)

Best time in course: 31:35

Rank in category: 87(of 133)

Best time in the category: 32:01

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	11:15	5:37	94	4:58	348	4:58	2.00	11:15	5:37	105	4:58	234	4:58
Runde Langstrec	2.00	10:40	5:19	100	4:17	352	4:17	4.00	21:55	5:28	115	9:15	415	9:15
Runde Langstrec	2.00	10:48	5:24	97	4:20	348	4:20	6.00	32:43	5:27	115	13:35	414	13:35
Runde Langstrec	2.00	10:28	5:14	86	4:04	290	4:04	8.00	43:11	5:23	114	17:39	410	17:39
Leichtathletikhal	2.00	9:43	4:51	72	3:14	223	3:40	10.00	52:54	5:17	87	20:53	312	21:19