



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Dr. Unger, Christian

Number: 1697

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:48

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 345 (of 637)

Rank in course/Men: 308 (of 493)

Best time in course: 31:35

Rank in category: 82(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	11:37	5:48	101	5:09	383	5:20	2.00	11:37	5:48	117	5:09	418	5:20
Runde Langstrec	2.00	10:20	5:10	81	3:38	302	3:57	4.00	21:57	5:29	117	8:47	306	9:17
Runde Langstrec	2.00	10:22	5:11	82	3:30	288	3:54	6.00	32:19	5:23	117	12:17	318	13:11
Runde Langstrec	2.00	10:30	5:15	83	3:44	295	4:06	8.00	42:49	5:21	115	16:01	413	17:17
Leichtathletikhal	2.00	9:59	4:59	76	3:12	267	3:56	10.00	52:48	5:16	82	19:13	308	21:13