



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Krüger, Lars

Club: GutsMuths-Rennsteiglaufverein

Number: 1084

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:40

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 471 (of 637)

Rank in course/Men: 403 (of 493)

Best time in course: 31:35

Rank in category: 113(of 135)

Best time in the category: 33:35

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec | 2.00        | 11:22         | 5:41            | 93          | 4:54           | 362        | 5:05          | 2.00        | 11:22         | 5:41            | 118         | 4:54           | 344        | 5:05          |
| Runde Langstrec | 2.00        | 11:02         | 5:30            | 110         | 4:20           | 394        | 4:39          | 4.00        | 22:24         | 5:35            | 118         | 9:14           | 419        | 9:44          |
| Runde Langstrec | 2.00        | 11:19         | 5:39            | 115         | 4:27           | 406        | 4:51          | 6.00        | 33:43         | 5:37            | 99          | 13:41          | 363        | 14:35         |
| Runde Langstrec | 2.00        | 11:29         | 5:44            | 118         | 4:43           | 414        | 5:05          | 8.00        | 45:12         | 5:39            | 116         | 18:24          | 414        | 19:40         |
| Leichtathletikh | 2.00        | 11:28         | 5:44            | 122         | 4:41           | 423        | 5:25          | 10.00       | 56:40         | 5:39            | 113         | 23:05          | 403        | 25:05         |