



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Keller, Dominik

Club: fat fighters

Number: 1535

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 57:00

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 482 (of 637)

Rank in course/Men: 410 (of 493)

Best time in course: 31:35

Rank in category: 116(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	10:46	5:23	85	4:29	300	4:29	2.00	10:46	5:23	117	4:29	343	4:29
Runde Langstrec	2.00	11:00	5:30	107	4:37	389	4:37	4.00	21:46	5:26	117	9:06	420	9:06
Runde Langstrec	2.00	11:12	5:35	111	4:44	394	4:44	6.00	32:58	5:29	117	13:50	419	13:50
Runde Langstrec	2.00	11:50	5:55	118	5:26	432	5:26	8.00	44:48	5:35	116	19:16	415	19:16
Leichtathletikh	2.00	12:12	6:05	124	5:43	451	6:09	10.00	57:00	5:42	116	24:59	410	25:25