



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Oschmann, Marc

Club: SSV 02

Number: 1411

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: 346 (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	10:21	5:10	79	3:29	285	3:53	6.00	32:18	5:22	121	12:16	334	13:10
Runde Langstrec	2.00	10:30	5:15	83	3:44	295	4:06	8.00	42:48	5:20	119	16:00	425	17:16
Leichtathletikh	2.00	10:00	5:00	77	3:13	269	3:57	10.00	52:48	5:16	82	19:13	308	21:13