



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Stein, Markus

Club: ANNAKRAM e.V.

Number: 1701

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 54:01

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 379 (of 637)

Rank in course/Men: 337 (of 493)

Best time in course: 31:35

Rank in category: 16(of 21)

Best time in the category: 33:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	10:17	5:08	13	4:00	243	4:00	2.00	10:17	5:08	5			175	4:00
Runde Langstrec	2.00	9:42	4:50	11	3:12	220	3:19	4.00	19:59	4:59	5			438	7:19
Runde Langstrec	2.00	10:35	5:17	13	3:47	319	4:07	6.00	30:34	5:05	5			386	11:26
Runde Langstrec	2.00	11:05	5:32	15	4:18	371	4:41	8.00	41:39	5:12	5			433	16:07
Leichtathletikh	2.00	12:22	6:11	20	5:41	457	6:19	10.00	54:01	5:24	16	20:58		337	22:26