



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Albrecht, Dirk

Club: Worbis

Number: 1333

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:03

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 355 (of 637)

Rank in course/Men: 317 (of 493)

Best time in course: 31:35

Rank in category: 87(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.	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	10:22	5:11	69	3:54	256	4:05	2.00	10:22	5:11	125	3:54	446	4:05
Runde Langstrec	2.00	10:21	5:10	83	3:39	305	3:58	4.00	20:43	5:10	125	7:33	446	8:03
Runde Langstrec	2.00	10:44	5:21	94	3:52	340	4:16	6.00	31:27	5:14	125	11:25	320	12:19
Runde Langstrec	2.00	10:51	5:25	97	4:05	341	4:27	8.00	42:18	5:17	123	15:30	242	16:46
Leichtathletikh	2.00	10:45	5:22	105	3:58	361	4:42	10.00	53:03	5:18	87	19:28	317	21:28