



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Held, Thoralf

Club: SSV ERFURT 02

Number: 1523

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:21

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 268 (of 637)

Rank in course/Men: 246 (of 493)

Best time in course: 31:35

Rank in category: 71(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	10:44	5:21	82	4:16	298	4:27	2.00	10:44	5:21	128	4:16	452	4:27
Runde Langstrec	2.00	9:53	4:56	71	3:11	250	3:30	4.00	20:37	5:09	128	7:27	452	7:57
Runde Langstrec	2.00	9:59	4:59	71	3:07	237	3:31	6.00	30:36	5:06	53	10:34	166	11:28
Runde Langstrec	2.00	10:00	5:00	67	3:14	231	3:36	8.00	40:36	5:04	125	13:48	446	15:04
Leichtathletikhal	2.00	9:45	4:52	65	2:58	230	3:42	10.00	50:21	5:02	71	16:46	246	18:46