



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Röttig, Lars

Club: SV Eintracht Frankenhain

Number: 1574

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 51:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 306 (of 637)

Rank in course/Men: 275 (of 493)

Best time in course: 31:35

Rank in category: 47(of 69)

Best time in the category: 31:35

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	11:11	5:35	54	4:54	340	4:54	2.00	11:11	5:35	19		246	4:54
Runde Langstrec	2.00	10:04	5:01	44	3:41	265	3:41	4.00	21:15	5:18	19		309	8:35
Runde Langstrec	2.00	10:25	5:12	48	3:57	302	3:57	6.00	31:40	5:16	19		462	12:32
Runde Langstrec	2.00	10:11	5:05	42	3:47	252	3:47	8.00	41:51	5:13	26		457	16:19
Leichtathletikh	2.00	9:48	4:54	43	3:45	240	3:45	10.00	51:39	5:09	47	20:04	275	20:04